

THE OFFICIAL MAGAZINE OF THE U.S. ARMY RESERVE

WARrior CITIZEN

SPRING 2009

ESGR: **Jumping** for the Bosses

**YEAR OF THE NCO:
Achievement, Leadership**

100th Army Band ROCKS

EPI: Not Just a Job, a Career

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- Submission deadline: Aug. 14, 2009
- Only one photo submission per Soldier or Army Reserve Civilian
- Photo resolution must be three megapixels or greater in size
- Photographer's full contact information is required: name, rank, unit, telephone number and e-mail address
- Detailed caption of the photo: full names, ranks and units of Soldiers in the photo
- Vertical images ONLY with strong action
- Send your images to Warrior-Citizen Magazine, Subject Line: Photo Call for Entries, timothy.l.hale@us.army.mil and laurel.hubred@usar.army.mil

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A group of military personnel in camouflage uniforms are shaking hands in a hallway. The image is a still from a video, showing several soldiers in U.S. Army uniforms. One soldier in the foreground is shaking hands with another soldier. Other soldiers are visible in the background, some looking on and others moving. The setting appears to be an indoor facility, possibly a barracks or a training area.

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Staff Sgt. Dennis Burke observes a 461st Engr. Co. Soldier drilling an anchor hole in a concrete pad for a MIC hut during Operation Essayons. Burke tells his story in "Trained and Ready" on page 40.

PHOTO BY: SPC. MARY ROSE MARTIN

Editor's Note

When people of America think of the Army Reserve, they think of well-trained, well-equipped and well-led Army Reserve Soldiers performing a wide range of duties around the globe. Everyday Army Reserve Soldiers perform acts that require commitment, selfless service and personal courage. America recognizes the sacrifices our Army Reserve Soldiers make to protect the nation from those who would attack us. In this issue of Warrior-Citizen we take a closer look at the Army Reserve and the investment America gets from its full-time patriots who serve part-time in the "From the Top" byline on page 4 by the Chief, Army Reserve, Lt. Gen. Jack C. Stultz.

And for a glimpse of some of our outstanding NCOs and their stories, turn to the section, "2009: Year of the NCO" and stories about an NCO recipient of the Bronze Star, two NCOs for their excellence in achievement and leadership

in and out of uniform and what Sergeant Major of the Army Kenneth O. Preston has to say about NCOs during his visit to Atlanta. The ability to organize and bond people together as a team and execute the mission is why many of our businesses are supportive of Reserve Component Soldiers who are balancing two careers, military and civilian, he says.

In Kathie Scarrah's story about General Stultz's March 2009 testimony before Congress, he has praised the contributions of Army Reserve NCOs. He has repeatedly introduced Warrior-Citizens when he testifies before Congress because he believes it is important for Senators and Representatives to learn some of the stories of the 205,000 men and women who serve in the U.S. Army Reserve.



Paul Adams
Editor-in-Chief

ON THE COVER

Sgt. 1st Class Larry Carter, a jump master with the 421st Quartermaster Company, prepares to jump out of an Air Force C-130 during the unit's first annual Employer Support of the Guard and Reserve Boss Lift.

Photo by Spc. Ian Morales.

ON THE BACK COVER

How to earn \$2,000. The Army Reserve Recruiting Assistance Program (AR-RAP) makes every Soldier a potential recruiter.

UPPER CENTER

Graphic by Timothy L. Hale

ARMY RESERVE COMMAND TEAM

Lt. Gen. Jack C. Stultz

Chief, Army Reserve

Chief Warrant Officer 5 James E. Thompson

Command Chief Warrant Officer of the Army Reserve

Command Sgt. Maj. Leon Caffie

Command Sergeant Major of the Army Reserve

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FROM THE TOP

Full-time patriots who serve part-time are a positive return on investment for America



Lt. Gen. Jack C. Stultz

By Lt. Gen. Jack C. Stultz

Chief, Army Reserve
Commanding General
U.S. Army Reserve Command

TODAY, AMERICA holds our military service men and women in the highest esteem. They value our Soldiers' commitment, selfless service, and personal courage; and recognize the sacrifices our Soldiers make to protect the nation from those who would attack us.

The cost of freedom always comes with a price tag; however, the Army Reserve, comprised of full-time patriots who balance civilian and military careers, is one of the best returns taxpayers get for their investment in government.

The Army Reserve has quickly transformed its units and put them into the fight to sustain America's Army.

In 2008, we maintained an accelerated pace of transformation to a fully operational Army Reserve that gives the Army full access to a trained and ready reserve force that expects to be mobilized and then employed on a cyclical basis.

At the beginning of 2008, 78 percent of Army Reserve units had been realigned

from a Cold War Strategic Reserve configuration of geographically-based headquarters, to command and control under operational and functional commands. The new configuration supports operations in the United States and 18 other countries around the world, and in just 12 months, our realignment was 92 percent complete.

The Army Reserve delivers the right capabilities to the right place at the right time.

We remain on track to realign more than 17,000 spaces from the Army Reserve institutional force to critically needed operating force structure to rebalance and right-size a modular force that gives the Army predictable, recurring access to capabilities adequate to support present and future global demands.

Rebalancing the force will reduce operational tempo for active and reserve components and enhance functional, predictable combat-support (CS), and combat-service-support (CSS) capabilities that are most in demand in today's security environment. Units that will be added by 2013 include those most in demand by combatant commanders: transportation, engineer, civil affairs, signal, MP, quartermaster and maintenance.

Rebalancing our force also includes additional command and control headquarters as well as career path opportunities and for example, will result in a total of eight expeditionary sustainment commands, nine sustainment brigades and three combat support brigades (maneuver enhancement) as well as growth in other CS and CSS units.

The Army Reserve takes full advantage of skills Soldiers bring from their civilian profession and enhances these skills to ensure Soldiers are

successful, both as Warrior-Citizens and as employees in the civilian workforce, contributing to a robust U.S. economy.

As we prepare for the eighth year of war, we can sustain our force of Warrior-Citizens only if we are able to offer the employers of America compelling reasons to hire our Soldiers and to support them when they must temporarily leave the workplace for a deployment or a training exercise.

To help meet this challenge, we have launched a unique employer program that provides the employers of America



Sgt. Mexico A. Chetys

high quality employees who are drug free, morally fit; mature, disciplined, professional, and responsible; display a can-do work ethic; demonstrate leadership skills; know the value of teamwork; and can solve complex problems. They are Warrior-Citizens who live the warrior ethos on the battlefield and in the workplace.

This one-of-a-kind initiative provides a mechanism for the Army Reserve and

civilian industries to share the common goals of strengthening the community, supporting Army Reserve Soldiers and their Families and maintaining a strong economy.

Soldiers and their Families can benefit from the expanded job opportunities and greater stability that employer partnerships will provide for qualified new recruits and Army Reserve Soldiers across a wide range of industries including health care, transportation and law enforcement.

Over time, our employer partnership initiative will become a key national human-capital strategy in which two entities share and enhance the training, development and talents of one individual who contributes both to the defense of our country and to sustaining a robust national economy.

The Army Reserve cares for our Families because it is the right thing to do.

Designed to support Army Reserve Families who often live far from an

Other ideas for Soldier/Family Support Centers in the community include mall kiosks or offices in Veteran's Centers, Reserve Centers or other locations staffed by full-time personnel and volunteers.

While we finalize our plans for the VI Operational and Functional Commands are hiring full-time staff for Family Readiness and Support. Our goal is to provide full-time support all the way down to battalion level across the Army Reserve. A critical element of these positions will be to maintain communications with our Families.

The Army Reserve provides this nation trained and ready Soldiers and units while it provides deployment predictability to Soldiers, Families and employers.

As we continue to evolve as an operational force, we remain committed to a system – the Army Force Generation Model (ARFORGEN) – that will provide predictability for Army Reserve Soldiers, their Families and their employers while

This has allowed us to issue alert notifications an average of ten months before deployment - providing more time for Soldiers, Families, and employers to prepare. Our goal remains to issue notification of sourcing two years in advance and issue alert orders one year prior to mobilization.

The Army Reserve efficiently employs its most valuable assets – its people – to provide fully mission-ready Soldiers and units to support combatant commander requirements and the National Military Strategy.

To effectively execute the ARFORGEN model required replacing the old alert-mobilize-train-deploy strategy with the current train-alert-mobilize-deploy model. Today, post-mobilization training for most units has been reduced to 31 – 45 days by streamlining the pre- and post-mobilization training schedules and eliminating all unnecessary and duplicate activities.

SINCE SEPT. 11, 2001, MORE THAN 165,000 Army Reserve Soldiers have mobilized to serve in Iraq, Afghanistan and more than a dozen other countries.

Army post, the concept my wife, Laura, has dubbed "The Virtual Installation" (VI) will be a combination of resources that will provide virtually the same level of support that they would expect to find on a military installation. It will be partially an Internet-based installation that Families can visit through their computers to find information, support and services they'd find at any Army post.

providing combatant commanders, the Army and this nation a steady supply of trained and ready Soldiers and units.

We have arrayed our force across the ARFORGEN cycle in order to program units for one year of mobilization and four years of dwell time providing better predictability for Soldiers, Families, and employers.

Three new Regional Training Centers (RTC) at Fort Hunter-Liggett, Calif.; Fort Dix, N.J.; and Fort McCoy, Wis., support our training strategy and train individual warrior tasks and some collective training tasks. Additionally, individual Soldier readiness has become a focal point at the RTCs.

Soldiers report that they are happy to be fully engaged with relevant training when they're at a mobilization station.

The Army Reserve deploys limited resources effectively to provide units that are trained and ready to fight and win on the battlefield.

Although recent budget actions demonstrate that the Congress and the Army recognize the Army Reserve as an operational force, we still fall short of being able to provide current and future Army Reserve units with a full allowance of new, modernized equipment and vehicles.

Understandably, outfitting Soldiers in combat irrespective of component, with the equipment they need, will always be the top priority. Battlefield priorities change and instead of buying trucks for the Army Reserve, we're shipping hundreds of Mine Resistant Ambush Protected vehicles to theater.

This requires us to synchronize our equipping strategy with our training strategy to execute ARFORGEN effectively and to ensure that every Army Reserve Soldier that goes into harms way is the best trained and best equipped.

We must provide adequate equipment to allow effective individual and small unit training for our Soldiers during their battle assemblies at home station. Additionally, we must position equipment sets at our RTCs and our Combat Support Training Centers to allow effective collective training for our units during their annual training periods and pre-mobilization training exercises.

This does not mean that the Army Reserve does not require 100 percent of authorized equipment. If we are to build strategic depth that allows this nation to respond to unforeseen contingencies or emergencies, we have to have the confidence that our units have their full complement of equipment available when the nation calls.

The Army Reserve devises effective manning strategies that minimize disruption for Soldiers, Families and employers while delivering cohesive units to meet the requirements of combatant commanders.



Annual validation exercises engage USAR Soldiers in relevant training.

As we align units to the ARFORGEN model, the Army Reserve continues to minimize the need for cross-leveling (borrowing from other units) to fill mobilization shortfalls.

Today, the goal is to manage shortages whenever possible by donor units vice individual Soldiers. For example, if we identify shortages in a unit that is entering the alert phase, we look for a unit that is in the same year group that is not being alerted. We then attach a squad or platoon from that organization to fill the shortages. This allows cohesive elements to merge for mobilization. When the needs of the combatant commander require specific capabilities, we work to assign individual augmentees from units in the same year group as the deploying unit. Although these volunteers are from units that aren't being called, they are from units that are in the available phase, so Soldiers, Families, and employers should be prepared for the Soldier's potential deployment.

Since terrorists slammed hijacked airliners into New York's World Trade Center, the Pentagon and a field near Shanksville, Pa., the Army Reserve has answered the call to duty, and its Soldiers are prepared to defend the nation against known and emergent threats.

Since Sept. 11, 2001, more than 165,000 Army Reserve Soldiers have mobilized to serve in Iraq, Afghanistan and more than a dozen other countries.

Today, more than 27,000 Army Reserve Soldiers serve on active duty in support of the Global War on Terrorism. They're serving overseas, as well as in continental U.S. supporting homeland defense missions, training centers, mobilization sites and medical centers. Additionally, with more than 15,000 full-time Active-Guard-Reserve Soldiers assigned, the Army Reserve provides more than 40,000 full-time Soldiers on duty for the nation each and every day.

The current security environment calls for this level of engagement, and the experts predict an enduring need for this level of support. While force requirements in Iraq and Afghanistan may decrease over time, new requirements for Army Reserve capabilities will emerge in other parts of the world.

The Army Reserve develops and deploys effective recruiting and retention strategies to provide trained and ready Soldiers and units with critical CS and CSS capabilities. These capabilities are necessary to support our national security strategy during peacetime, contingencies and war.

The Army Reserve's creative programs, targeted incentives, and new personnel policies, resulted in a substantial success for fiscal year 2008 recruiting and retention.

We've returned to community-based recruiting with innovative and effective programs like the Army Reserve Recruiter Assistance Program. After just 14

months, more than 63,000 Army Reserve Soldiers have volunteered their own time to recruit in the communities where they work and live, and these recruiter assistants have delivered more than 14,000 nominations and 3,854 accessions.

In 2008, we recruited 44,495 Soldiers, or 106 percent of our enlisted recruiting goals, and retained 19,727 Soldiers, or 119 percent of our retention goals.

Our successes have added 7,142 Soldiers to our end strength in 2008. Our objective is to replicate this success putting the Army Reserve at its authorized end strength of 206,000 within the next 12 to 18 months.

Every day, Army Reserve Soldiers perform acts that require commitment, selfless service and personal courage.

Numbers aside, the most compelling evidence of the success of our programs and initiatives is that commanders on the battlefield, regardless of component, continue to applaud the quality and ability of their Army Reserve Soldiers.

Soldiers like Sgt. Gregory S. Ruske, 28, who earned the Silver Star medal when he exposed himself to enemy fire, ignoring the fact that he needed medical attention after a bullet pierced his body. Despite his injury, he led the rescue of an Afghan National Police officer felled in a fire fight in Afghanistan. "I don't consider myself a hero," wrote Ruske. "I was just an ordinary guy put in an extraordinary situation. I reacted based on my upbringing, training, and compassion, and, thankfully, it worked out in the end."

Or Spc. David R. Obray, a Winona State University student and student senate president. He said he was an overweight kid when his brother, Christopher, joined the Army Reserve and became the example David wanted to emulate. Committing himself to become a Soldier like his brother, David lost 100 pounds, joined the Army Reserve, and was assigned to the 492nd Engineer Company in Mankato, Minn. In September and October 2008, Obray competed with representatives from all Army components and major commands and was named "Soldier of the Year" for the United States Army.



The Army Reserve provides trained and ready Soldiers to combatant commanders.

Capt. Laura Peters, a 31-year old civil affairs Soldier, received the Department of State's prestigious "Superior Honor Award" for her work to build the bonds of trust and cooperation that enabled provincial reconstruction teams in Iraq to work effectively with the Provincial Government, the Sheikhs' Council, the Provincial Council, and the U.S. Army leadership in Multi-National Division-North Iraq.

At Fort Hood, Texas, I met two young specialists from the 100th Infantry Battalion preparing to deploy to Iraq. One is a student at the Citadel, and the other is a commuter jet pilot for Delta Airlines. They both put their education and careers on hold to serve their country as junior enlisted Soldiers in the Army Reserve.

An e-mail from a senior leader in theater gave high praise to an Army Reserve Commander, Brig. Gen. Chip Luckey, who is working at the highest levels of the Iraqi government to facilitate the sale and transfer of military equipment to help the Iraqis build a strong military. Back home in the States, Chip is an attorney.

Another senior leader sings the praises of Brig. Gen. Jeff Talley, commander of the 926th Engineer Brigade for all that he is doing to help rebuild Iraq and support U.S. operations. Back home, Jeff is a tenured professor of engineering at the University of Notre Dame.

These stories only serve to illustrate that Army Reserve Soldiers – full-time patriots who serve part-time – are one of the best returns American taxpayers get for their money.

Thousands of other Soldiers just like them serve at the tip of the spear, looking our enemies in the eye, showing the rest of the world what freedom is about and never complaining about being away from home or enduring the hardships that surround them. They truly are this nation's next Greatest Generation. 🇺🇸

BLOGS & WEB SITES

NOTHINYELLOWBUTTHERIBBON.COM



FOUNDED BY country singer/songwriter Teri Hart, “Nothing Yellow But the Ribbon” is a musical tribute to the troops.

Her live show includes classic rock, country, blues and a splash of patriotism! She can perform large full band production, or a more intimate one woman band for NCO and officer clubs, troop send-offs as well as homecomings.

She performed in August 2008 at Fort Bliss, Texas where she was the headline act for their Rock the Fort Event at Kelly Park.

ARMYRESERVE.ARMY.MIL



THE ARMY RESERVE Web site has recently been updated in order to better focus on the extraordinary every day actions of Army Reserve Soldiers and units. The new site, available on the internet at www.armyreserve.army.mil, replaced the old site in late February, 2009.

In addition to giving the Army Reserve Command greater ability to communicate through video, audio and photography, the site will allow for blogs, podcasts, and other so-called social media tools to be rolled out in the near future. The homepage is dedicated to news and key topics of interest to the greater Army Reserve community.

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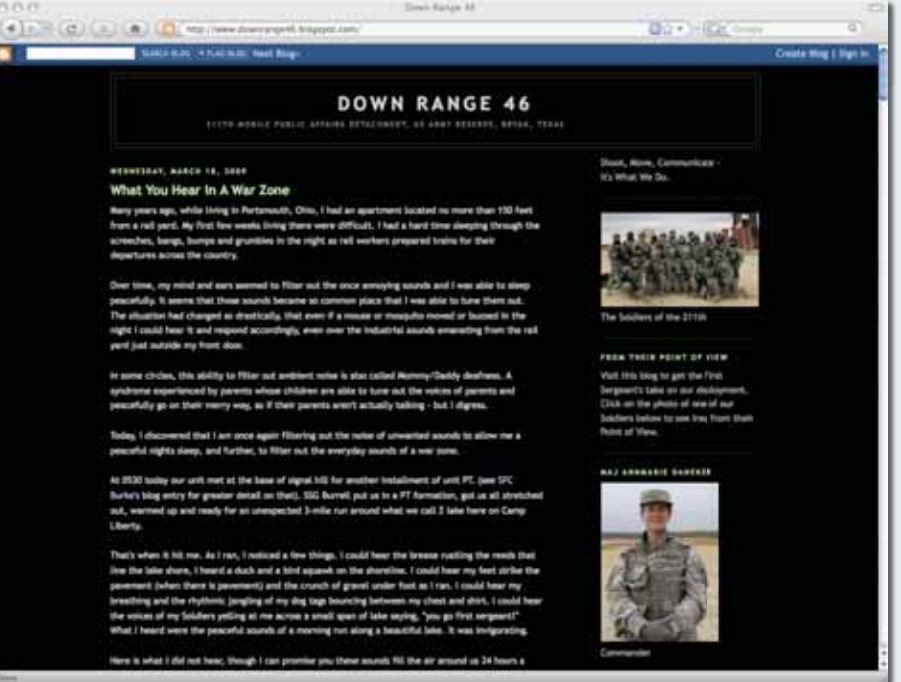


THIS ONE-STOP Web site has everything you could possibly imagine as it relates to the military community.

Membership is free to everyone in the U.S. military community and boasts over 27,000 users.

Internal link features include: Military Forum, Spouse & Family, Blog, VA Benefits, GI Bill, Relocation, Jobs and military tips among others.

DOWNRANGE46.BLOGSPOT.COM



THIS BLOG SITE is the home of the 211th Mobile Public Affairs Detachment, headquartered in Bryan, Texas. They are attached to the 1st Cavalry Division.

This entertaining and informative blog chronicles the unit as they transitioned through their mobilization to their current deployment through the often funny and thought-provoking lenses of their still and video cameras.

HOT TOPICS

GREEN AMMUNITION USED AT FORT IRWIN

By Kate Roa

FORT IRWIN, Calif. - If you're headed to Fort Irwin for training on an MK19 grenade launcher expect to see 40 mm Non-Dud Producing (NDP) training ammunition. Range sustainability is a priority with the Department of Defense and Environmental Protection Agency. For each organization, Unexploded Ordnance (UXO) is a menace. It cost Soldiers valuable training time, and it's expensive to clean up.

In 2002, Fort Irwin contacted the U.S. Army Infantry Center at Fort Benning, Ga., and requested that the

Army adopt the Mk281 Mod 0 for use in training. It was approved by 2004.

As far as environmental stewardship, Soldiers using the MK281 have a lot to feel good about. MK281 is "green" ammunition with zero risk of causing range fires.

According to the PEO Ammunition, the Single Manager of Conventional Ammunition (SMCA), NDP cartridges remove the possibility of UXO on ranges and maneuver areas.



This enables Soldiers to train on a greater number of ranges, since many ranges have safety limitations, such as size, available terrain, and proximity to civilian areas.

As well, some Army ranges incorporate maneuver areas. NDP cartridges allow safe travel over areas where rounds have impacted by mounted and dismounted personnel. This flexibility in training scenarios, scheduling and range clean up translates into more training time. ☒

EDITOR'S NOTE: Kate Roa is a full-time defense/aerospace writer.

BEYOND ANTITERRORISM - The Army Reserve is on the Leading Edge

By Michael Adams

Office of the Provost Marshall
U.S. Army Reserve

ORLANDO, Fla. - The Army Reserve presented a strong and well received presence at the 9th Annual Army Antiterrorism (AT) Conference held at the Shades of Green here Jan. 25-30, 2009. Maj. Darius Gallegos, U.S. Army Reserve Command (USARC) Provost Marshal, and Carolyn Emery, USARC AT officer, were among the featured speakers at this event sponsored by the Office of the Provost Marshal General (OPMG). The Army Reserve had the largest representation of commands at this year's conference, with every major subordinate command and Regional Support Command represented.

Recognizing the need to address off-installation assets such as Army Reserve facilities, National Guard armories, recruiting stations and others, the OPMG

chose as this year's theme "Broadening Perspectives." The bulk of the Army's assets lie outside the relative protection of fences and guarded gates of installations.

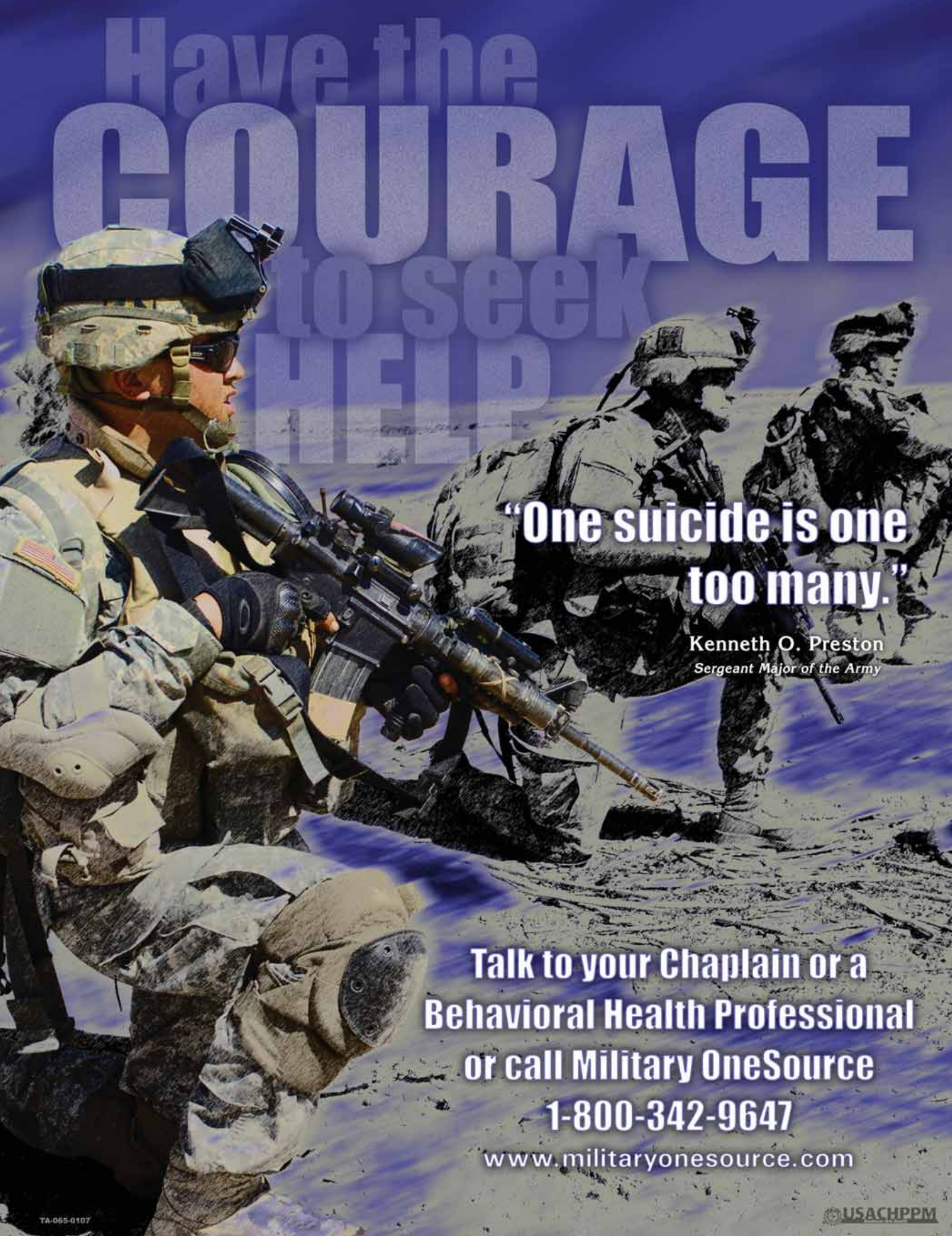
"Our goal is to protect our unit members starting where they live with their Families, while in-transit to and from training and deployment stations, and ultimately to arrive where they are needed, ready to perform the mission," Emery said. "We have crafted

an AT program appropriate to the characteristics of the Army Reserve."

The conference focused on examining threats ranging from local to transnational and how various commands best approach the antiterrorism challenge. The Army Reserve Integrated Protection Program is how the Army Reserve G-3/5/7 will achieve success in this endeavor, addressing multiple protection initiatives. ☒

"Our goal is to protect our unit members starting where they live with their Families, while in-transit to and from training and deployment stations."

- Carolyn Emery, USARC AT officer



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COURAGE
to seek
HELP

"One suicide is one too many."

Kenneth O. Preston
Sergeant Major of the Army

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BRONZE STAR AWARDED

FOR VALOR IN IRAQ

By Capt. Steve Alvarez

Public Affairs Office
143rd Sustainment Command

ORLANDO, Fla. - In the late morning of May 8, 2004, a 30-truck logistical convoy snaked its way along the turns and curves of an Iraqi highway just north of Baghdad International Airport on its way to Logistics Support Area Anaconda. In the lead gun truck rode Sgt. 1st Class Michael D. Segreaves, then a sergeant first class squad leader with the 810th Military Police Company charged with protecting the convoy with the help of 18 other military policemen.

As the convoy neared a cloverleaf where two highways connect, Segreaves could see several plumes of smoke near the roads lazily drifting skyward. Surrounding the cloverleaf were tall buildings.

When the convoy entered the cloverleaf, Segreaves realized the area was a prime ambush site and the smoking remnants were from an earlier ambush. Then, as he suspected, the ambush started.

Several small, improvised explosive devices exploded near the convoy as it began to negotiate one of the turns in the cloverleaf. Moments later a single rocket propelled grenade angrily flew toward the convoy. "The guy that fired that RPG couldn't hit anything," Segreaves remarked. The RPG missed.

Seconds after the attack at the front of the convoy, the rear element saw what it thought was

friendly forces and they wanted to ensure the patrol was safe.

Segreaves said he suspected they were not friendly forces and he wanted the convoy to keep moving but the rear element stopped anyway. When he tried to call them on the radio and inform them of the attack on the lead element, there was no reply. "We lost communication with each other," Segreaves explained.

In the meantime, given the lack of damage and resistance caused by the ambush, the lead element of the convoy drove on. After driving on the looping curve of the cloverleaf, they encountered a stranded Stryker vehicle atop the overpass on the cloverleaf.

The Stryker was part of a convoy that had left Segreaves's camp earlier that morning and was attacked at the cloverleaf. U.S. forces were recovering the Stryker and loading it onto a HETT (heavy equipment and truck transport), but the disabled Stryker was blocking traffic at the top of the overpass.

"We were stuck like chuck," Segreaves said. Segreaves established a security formation around the stranded Stryker. After approaching a sergeant in the Stryker to find out how long it would take to load the vehicle onto the HETT, the rooftops erupted with small arms fire. The insurgents launched the main thrust of their ambush, which also included RPGs and more IEDs. "This was my very first convoy into Iraq and it was a toe-to-toe fight," Segreaves said. His unit was based out of Kuwait but routinely escorted convoys into Iraq.

Segreaves then ran towards the rear of the convoy to reestablish communications with the rear security team all while directing suppressive fire so the crew could continue to recover the Stryker and so his team could protect the convoy.

"I ran down the road and they rolled up," Segreaves explained. He then returned to the front of the convoy



Sgt. 1st Class Michael Segreaves was presented with the Bronze Star for valor in a 2004 gun fight in Iraq.

and continued to fight alongside his Soldiers and then began to think about other things now that his convoy was all accounted for. The ambush had worsened and now the insurgents were attacking from the rear, from above on rooftops and from below since the convoy was perched atop the overpass.

"My guys were dumping a lot of ammo," Segreaves said. "I'm thinking the whole time, 'fire discipline, fire discipline, fire discipline' because my thought was, I don't want to be standing out here with my 9mm."

Minutes after he asked the Stryker sergeant to call for air support, attack helicopters began circling overhead. Once the insurgents heard the sound of rotors, they fled. Later an infantry unit responded to the area and cleared the buildings where the convoy had drawn fire. Segreaves and his Soldiers continued with their mission.

It was later in the evening that Segreaves learned from the infantrymen that he and his men had killed nine insurgents. There was no damage to their convoy and there were no casualties.

Segreaves was awarded the Bronze Star with "V" device for valor during the 2004 battle in Iraq by Lt. Gen. Jack C. Stultz, chief, Army Reserve on Jan. 10, 2009. ❏



Pfc. Dustin Hayes receives the Army Commendation Medal for saving the life of six-year old Jayden Stine.

By Maj. John Heil

Public Affairs Office
332nd Medical Brigade

NASHVILLE, Tenn. - On November 16, 2008, Pfc. Dustin Hayes, 332nd Medical Brigade, was awarded the Army Commendation Medal for meritorious service and heroics for saving the life of six-year old Jayden Stine.

SAVING A LIFE

Hayes, a convenient store clerk at the Comet Mart in Bucksport, Tenn., spent a normal Oct. 10 working when he noticed a commotion near the gas pumps and proceeded to help.

"My children and I went to the Comet Mart where Dustin works," said Carol Stine, Jayden's mom. "I went in the store to prepay for gas and I came out and started pumping gas.

"They (my children) were knocking on the window and waving to me," said Stine. "They kept doing it for a few minutes then all of a sudden they stopped. I waited for a minute and went to the driver's side and noticed that Jayden was choking.

"I immediately jerked open the back door of my van and pulled him out of his car seat," said Stine, "and started giving him the Heimlich maneuver." She continued trying to dislodge whatever was stuck in Jayden's windpipe. Stine

said she ran toward the store and almost made it to the door when she saw Hayes coming towards them.

"He (Hayes) immediately saw that Jayden was choking," said Stine, "and that we were panicking and he started to help us." Stine said Hayes grabbed Jayden and started the Heimlich maneuver and was getting no response so she hollered for other people to call 911.

"Dustin continued trying everything for Jayden," said Stine, "and finally got his gum to come out. He never gave up until Jayden started crying and was able to breathe again." ❏

"He never gave up until Jayden started crying and was able to breathe again."

— Carol Stine

FOILING A BANK ROBBER

By Spc. Anthony Hooker

345th Public Affairs Detachment

HALTOM CITY, Texas - Former Army Reserve Retention NCO Master Sgt. Donald Murrah, a Fort Worth, Texas native, was awarded the prestigious Soldier's Medal February 18, 2009 in a morning ceremony at Haltom High School. The ceremony was held to recognize Murrah and 1st Sgt. (retired) David Long, for their acts of bravery June 13, 2008 when they successfully subdued a man attempting to carjack a woman following a successful robbery of a Fort Worth bank. Murrah, who retired in October 2008, currently works with Long as a Junior ROTC instructor at Haltom High.

The Soldier's Medal is awarded to any U.S. Armed Forces service member

or friendly foreign national who risks their lives outside of combat while serving with the Army in any capacity.

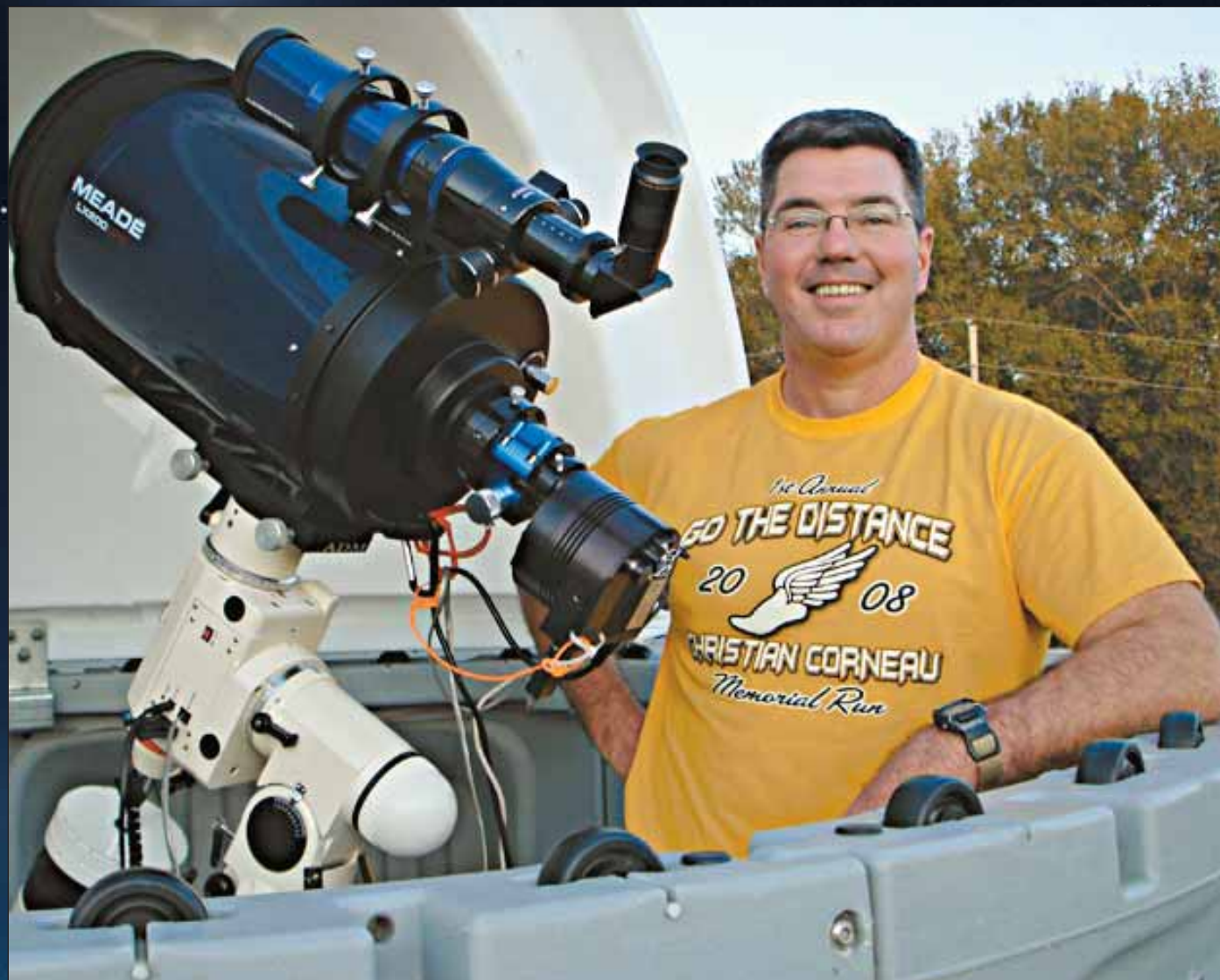
After witnessing a man in disguise point a weapon at a woman and her two children near the bank's automated teller machine, Murrah successfully hip tossed the bank robber to the ground and helped pry away the weapon, a .32 caliber semi-automatic pistol.

Presenting the medal to Murrah was Maj. Gen. Keith Thurgood, commanding general of the Dallas-based Army and Air Force Exchange Service. Thurgood also presented Murrah with written congratulatory letters from former U.S. President George W. Bush and Texas Governor Rick Perry. ❏



Master Sgt. Donald Murrah

MAX CORNEAU: SOLDIER ASTRONOMER



Lt. Col. Max Corneau shows off his telescope at his personal observatory.

By Master Sgt. Gary Younger

Army Reserve Communications

WHILE MANY PEOPLE ARE REACHING FOR THE STARS, Max Corneau is on a first-name basis with those celestial orbs. We're not talking about the glamorous people being followed by paparazzi; it's the brilliant heavenly bodies that make our night skies so beautiful this Army Reserve lieutenant colonel in the Army Space and Missile Defense Command (SMDC) has spent years studying.



Lt. Col. Max Corneau gives a presentation about the solar system to students at Montague Elementary School, West Fort Hood, Texas.

In addition to being vice president and Life Member of the Texas Astronomical Society (TAS), one of the nation's largest and oldest such organizations, he's also a pilot whose flights have taken a little closer to the stars he enjoys.

"I've always been interested in science," Corneau, who is assigned to the Army Element, Air Force Special Activity in the Pentagon, said. "I've been flying planes since I was 13. I remember looking up into the sky and being amazed at the stars; it's like I could touch the face of God."

His love for the skies and desire to serve our nation has led Corneau to be one of the few Space Operations officers (functional area 40) in the Army Reserve. "This is both my hobby as well as my vocation. I'm a very lucky guy," he said.

In fact, Corneau is so familiar with the solar system he has been named as an Ambassador to the stars of sort. The Jet Propulsion Laboratory (JPL), a division of NASA and the California Institute of Technology, invited Corneau in 2004 to be part of its Solar System Ambassador Program.

Kay Ferrari, ambassador coordinator for JPL, said this about Corneau: "From his start with the Solar System

Ambassadors program in 2004, I knew Max was right for the program. He had vast knowledge of astronomy and space exploration and the enthusiasm necessary to inspire his audiences with stories about missions to Mars, Saturn and beyond."

"When a kid understands (the distances involved), it's amazing."
— Max Corneau

Being an ambassador has given Corneau opportunities to lecture on cruise ships, at schools and universities, Space Camps, and others. In uniform, he gave briefings at the Pentagon, the halls of Congress and guided tours of the U.S. Naval Observatory. Along the way, he imparted his experience about the heavens and their significance to our lives here on Planet Earth.

"I remember walking into one room at the Capitol Building to give a briefing," Corneau said. "There were pictures on the wall, taken in that very room, of presidents, senators, and visiting heads of state. I knew I needed to do my best job." Like many, Corneau has his hobbies. Instead of the typical bass boat or pool table, he along with colleagues in the TAS of Dallas own a 40-acre dark sky observing site in southeast Oklahoma,

about 90-miles from his home in Rockwall, Texas. On this land Corneau built his own personal observatory.

It was originally planned to be enclosed in a wooden shack, however, it turned out to be much nicer. With fiberglass shaped sides and dome, it looks quite impressive. The first night of use, Dec. 8, 2007, wasn't as thrilling as the construction phase was because temperatures fell below freezing. That, however, didn't dampen Corneau's enthusiasm.

"It's my man cave," he said with pride. Photos of the observatory and some of the magnificent images he has taken from it are on his Web site: <http://www.geocities.com/astrodad32/>. One of the photos on his site is of a Space Camp he held for local children at his home.

"We started looking at stars close and then we went deep," he said. He showed the Campers the moon, which is only a quarter of a million miles away to galaxies that are more than three million light years away. "When a kid understands (the distances involved), it's amazing," he said.

He also makes presentations at schools showing some of his images. Part of his presentation involves looking at the sun (through filters) during the day with follow-up night-time star gazing. Hosting a star party for the blind was a memorable event for Corneau.

"I learned more than anyone that night," he said. "My telescope mount has so many angles and dangles that inquiring hands wanted to know. So I just let folks twist, turn, and really feel the elements of the telescope."

The next time you look into the heavens and wonder what the name of a particular star is, you can bet the Army Reserve's Ambassador to the Stars is willing to tell you. ✨

Sharing and Caring Through Science

By Timothy L. Hale

Army Reserve Public Affairs

ATLANTA - How much salt does it take to float an egg in six cups of water? This is one of many questions that were answered for Army Reserve Soldiers who served as judges for the Camp Creek Middle School Science Fair here on Jan. 23, 2009.

The six judges, assigned to the Army Reserve Command headquarters at Fort McPherson, Ga., came from various directorates within the command

"Having military judges from the Army Reserve Command brings a new group of ideas and knowledge you can't find anywhere else," said Larry Nettles, 7th grade life science teacher.

"Because the Reserve Soldiers have both civilian and military skills, they can see a bigger picture of how things are and work."

"I feel it is important for all adults to take time for young people."

-Master Sgt. William Brown

Nettles, who retired ten years ago as the Regimental Command Sergeant Major of the Army Chemical Corps, said military judges tend to look at the overall projects as well as the individual student.

"The military judges can help to develop the students with their projects. The teachers can then build on the process to get them to the next level."



Lt. Col. Greg Hutchinson, Hq. U.S. Army Reserve Command Inspector General directorate, questions Jordaan Baker during the Camp Creek Middle School Science Fair.

Nettles said a large portion of the student population come from single parent homes, are on the free lunch program, or have many obstacles to overcome. As such, he said the students consider it "a very high honor to have their projects judged by Army Reserve Soldiers."

"It lets them know there is someone out there who took time from their schedule to come out and talk with them about their project and mentor them even if it is only for a brief time."

"As a chemist and former teacher, I was excited that all of the students understood the scientific method and process," said Lt. Col. Gregory Hutchinson. "I was also excited that they all could explain their project and hypothesis and understood their conclusions and how it related to their hypothesis."

In addition to science fair judging, Nettles also praised the Army Reserve Command headquarters Soldiers and civilians who contribute every year to the Angel Tree program at the school.

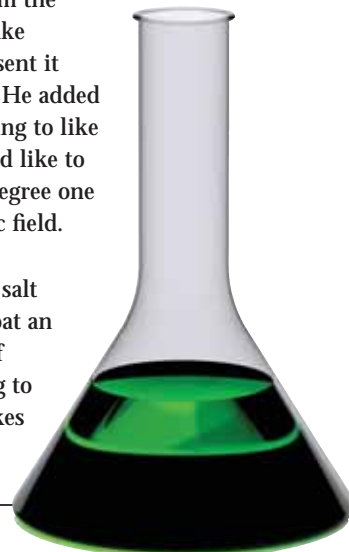
The program provides Christmas gifts to many of the students at the school. "They know these are the people who provide the gifts. It lets them know the Army Reserve Soldiers care about them," he said.

"I feel it is important for all adults to take time for young people," said Master Sgt. William Brown. "It lets them know that someone cares enough to take an interest in them. That in turn helps them build confidence in themselves. Confidence is one of the main building blocks they will need in their adult life."

Marquis Thompson, an eighth grade student participating in his first science fair, said that in addition to his project he learned how to talk and present a project to someone he didn't know. He admitted it was tough because he sometimes has problems with his speech and grammar.

"I learned (from the judges) how to take my time and present it clearly," he said. He added that he was starting to like science and would like to earn a master's degree one day in a scientific field.

So, how much salt does it take to float an egg in six cups of water? According to Thompson, it takes 21 teaspoons. ❏



JAG ATTORNEY COMPLETES IRONMAN, EARNS LOCAL HERO AWARD

By Lt. Col. Dave Wallace

22nd Legal Support Organization

COEUR D'ALAENE, Idaho - In 2008 Capt. Patrick Johnson turned 40 years old. But according to Johnson, he is just getting started in terms of physical fitness.

Johnson, a JAG defense attorney with Team 6, 22nd Legal Support organization, Spokane, Wash., completed his second Ironman Triathlon here on June 22, 2008. Despite unusually cold water temperatures below 60 degrees, Johnson and over 2000 other competitors completed the 2.4 mile swim, 112 mile bike ride, and finished with a 26.2 mile marathon. Johnson managed to beat his 2006 time by more than an hour.

Johnson credits his Ironman success to his 2004-2005 mobilization to Fort Knox Ky. as a JAG attorney assigned to Trial Defense Services.

"When I got to Fort Knox I met a lot of people who were very focused on physical fitness," he said. "My OIC, Capt. Travis Hall, encouraged me to work on my cycling."

"Since I was already swimming and running regularly, when I added cycling it seemed natural to participate in triathlons," Johnson said.

He started out with sprint distance triathlons in Eastern Kentucky, then stepped up to an Olympic distance triathlon in Louisville. Upon his return to Spokane, Wash., Johnson kept up his training and completed his first Ironman in 2006.

In his civilian capacity, Johnson is a deputy prosecuting attorney in Spokane where he currently prosecutes crimes committed against elderly and vulnerable adults. Johnson is a regular speaker at conferences addressing elder abuse and he is a recognized expert in the field of elder crimes.

On April 25, 2008 the Washington State Bar Association Board of Governors presented Johnson with the Local Hero Award. ❏



Capt. Patrick Johnson bikes 112 miles in his second Ironman Triathlon.

ARMY RESERVE

BAND ROCKS



Sgt. 1st Class Mark Bell

Staff Sgt. Sheri Wornath, pounds the bass drum with confidence during a rehearsal of the Army Song at a recent battle assembly at Fort Knox, Ky. The unit's ceremonial band is one of three musical support teams that perform numerous performances year round.

By Sgt. 1st. Class Mark Bell

Public Affairs Office
81st Regional Support Command

FORT KNOX, Ky. - *They are police officers, educators, college students, and legal assistants, but for one weekend each month, they are a unique, cohesive team that has one thing in common - the love of music.*

In addition to playing music ranging from Metallica to Mozart, members of the Army Reserve's 100th Army Band can do it all. They recently spent a two-day battle assembly crammed with reenlistments, combative training, a ceremonial performance, moving office furniture into their new home and completing large amounts of paperwork associated with running one of the Army Reserve's largest bands.

As Spc. Courtney Drown, the unit's in-house supply guru, handed out canteens and helmets to Soldiers, a nearby practice

room filled with the hum of large amplifiers. The unit's sound technician, Spc. Doug Wurtele, tuned hundreds of knobs and pulsating lights on a state-of-the-art soundboard in a room lined with chairs and dozens of musical instrument cases.

"We have a nice place to practice, and that is important for these guys," said 1st Sgt. Matt LaBarbara about his 50-member band as they slowly occupied small spaces within the Fort Knox Performing Arts Center here.

Spc. Jason Lee, the band's resident guitar connoisseur and considered by his peers

as one of the Army's best fret masters, quickly tuned his black and pearl guitar and began moving his fingers at near-blurring speed as he strummed out several noticeable tunes at near mach speed.

"It is amazing what he can do with that guitar," said Spc. Joshua Walters while shaking his head and watching Lee play the guitar. Next to Lee is Spc. Lee Clements, the rock band's bass player. Sitting back in his chair, Clements began his ritual preparation to provide the powerful rhythmic bass guitar riffs for the band. Relaxed and laughing, he kept an improvised bass beat for Lee's sporadic guitar solos.

Together, Lee and Clements seemed to be musically joined at the hip as they frequently changed a flawless rhythm without making eye contact.

With a pair of worn drum sticks in hand, Sgt. 1st Class John Pisano worked his way around a sea of music stands and the large black drum set tucked away in the corner. He tapped a large gold cymbal as he took the helm of the band.

With thumbs up from Wurtele, the five-member brass section warmed up, Pisano announced to the busy room, "Let's start off with a little jam session, and make sure you keep up."

Seemingly on autopilot, Soldiers quickly stopped the somewhat chaotic individual preparations and focused their attention to Pisano and the task at hand-delivering a make-shift rock band jam using just their musical instincts and raw talents.

With loud smacks of the wooden drum sticks to signal the pace of the jam, Pisano and Lee kicked off an unrehearsed 10-minute hard-edged musical montage session that rattled the 30-foot high rafters and caused temporary loss of time and space for a small audience. "These guys are great," said LaBarbara over the loud music. "They have a talent and it shows."

Out the double-black doors and down a short hallway, sounds of ceremonial music echoed out of a small closet-like room as other 100th Army Band Soldiers of a brass quintet practiced a 360-degree swing of music genre.

With precision and harmony, the quintet corrected any minute flaws from the hour-long practice, and assured their commander they can perform any performance without worry.

"With our smaller musical support teams, mistakes can be more easily noticeable," Pisano said. "Those smaller musical groups have to deliver without mistakes and with confidence."

With the rock band pushing the noise envelope, the quintet rehearsing the Army Song and remaining band members moving furniture from trucks, LaBarbara orchestrated the seemingly chaotic day with the precision of a well-seasoned first sergeant. "There is never a dull minute during battle assembly," LaBarbara said laughing. "We have great senior NCOs and a great bunch of younger Soldiers."

As the first day came to a close, a Soldier taps drum sticks on the walls, talking to another musician about meeting up with band members after work to rekindle friendships dormant during the past month. The next day will come early as wrestling mats are unrolled and band members prepare for monthly level-one combative training.

"We are a large band and, therefore, I am able to be more self sufficient than other bands," he said about his combative instructors. "I want to make sure my Soldiers are well rounded Soldiers. We are Soldiers first, musicians second." ☒

"There is never a dull minute during battle assembly."

- 1st Sgt. Matt LaBarbara



Members of the Army Reserve's 100th Army Band practice ceremonial music.

Sgt. 1st Class Mark Bell

AR-RAP FIELD GUIDE

STREAMLINE YOUR RECRUITING

ONE EASY way to increase the efficiency of your AR-RAP recruiting is to ensure your Future Soldiers (FS) meet the Army Reserve's standards. Avoid "spinning your wheels" with leads that aren't qualified. You can pre-qualify your nominations through a pre-screening process called **APPLE MD**.

By asking a few simple questions, you can gauge the enlistment eligibility for your FS. It's important to remember that **APPLE MD** is used only to determine the basic guidelines for accession. Any information gathered by using **APPLE MD** should be provided to your local recruiting professional for further guidance.

APPLE MD criteria is listed below along with some follow up questions to ask your Future Soldier.*

AGE:

Is your FS between the age of 17 and 42 years old?**

PHYSICAL CONDITION:

What is your FS's height and weight? Do they have any medical conditions? Are they currently taking any medications?

PRIOR SERVICE:

Is your FS Prior Service? If so, from which branch? What was their rank and what type of discharge? Do they have any remaining obligation of service?

LAW VIOLATIONS:

Does your FS have any law violations? If so, were they misdemeanor or felony? Are they outstanding?

EDUCATION:

Does your FS have a GED or high school diploma?

MARITAL STATUS:

Is your FS single, married, divorced or widowed?

DEPENDENTS:

Does your FS have any children? If so, how many?

*Always ask your ACC, ARCC or Army Reserve Recruiter if you have specific questions concerning your FS's eligibility to enlist.

**Exclusions apply for Prior Service individuals. Contact your local recruiting professional for more information. ✪

RECRUITING ASSISTANCE PROGRAM

OCTOBER 2008 TO MARCH 2009
TOP REGIONAL
RECRUITING ASSISTANTS

REGION 1

Pvt. 2 Heather Chevalley
Bayport, N.Y.

REGION 2

Pfc. Joshua Garmon
Altoona, Pa.

REGION 3

Staff Sgt. Donald Trout
Maxwelton, W.Va.

REGION 4

PFC Kalita Mckinney
Memphis, Tenn.

REGION 5

Pvt. 2 Jerry Rodriguez
Concepcion
Carolina, PR

REGION 6

Pvt. 2 Christopher Thomas
Belzoni, Miss.

REGION 7

Pvt. 1 Luke Petersen
Wendell, Idaho

REGION 8

Sgt. Kathryn Heiring
Belmont, Wis.

REGION 9

Pvt. 1 Kailee Oswalt
Olathe, Kan.

REGION 10

Chief Warrant Officer 2
Randall Sparks
Mt. Gilead, Ohio

REGION 11

Pfc. Natalie de Leon
Las Vegas, Nev.

REGION 12

Spc. Russell Wallace
Denton, Texas

42-YEAR-OLD ENLISTS IN ARMY, RISES ABOVE CHALLENGES

By Spc. Eric J. Glassey

Public Affairs Office
Multi-National Corps-Iraq

AL KISIK, Iraq - Pfc. Stephen Lober, a Pittsburgh native and city police officer, joined the Army Reserve and is currently serving with the 3rd Iraqi Army Division Military Transition Teams in the northern regions of Iraq in Al Kisik as a chaplain assistant at the age of 43.

Lober, a 14-year career police officer, decided to enlist upon hearing about the Army raising the age limit for recruits to 42.

"In May 2007, I was out on patrol, and my wife called me and told me that she just heard on the news that the Army raised the age limit to 42," Lober said. "I was turning 42 in a couple of months, so the next day I signed up."

Being in the military was always one of the dreams Lober hoped to achieve. "When I was a kid, I always knew that I wanted to be in the military, a professional boxer or a policeman," Lober said.

Lober won two Golden Glove boxing matches as a teenager in 1980 and '81. After graduating from high school in 1984, Lober planned on joining the military as a U.S. Navy Seal. Due to personal circumstances, Lober decided to stay a civilian.

Lober continued to pursue his dreams despite several challenges such as a pro boxing fight falling through and failing the police entry exam twice.

"In 1995, I got the call that I was accepted in the police academy after I took the police exam for a third time," Lober said. Lober proved his ability and skill by earning the police physical fitness award upon graduation and later became a field training officer.

Lober went to Basic Combat Training in August 2007. He was awarded the physical fitness badge and was able to compete on physical fitness levels

below his age bracket. In addition, he won combative in his training unit.

After initial training, Lober volunteered to deploy to Iraq where he bonded with Soldiers working in Military Transition Teams (MiTT) assisting the 3rd Iraqi Army Division provide security for their area of operation.

"Lober was bouncing off the walls to go on this deployment," said Chaplain (Capt.) Matt Riley, 3rd Iraqi Army Division MiTT.

Lober participated in more than 50 missions with the MiTT, more than 30 as a gunner and 15 as a driver.

**"Don't give up
your dreams."
– Pfc. Stephen Lober**

"As a chaplain assistant, Lober doesn't have to gun, but he always asked to be involved," Riley said. "He is not required to drive or gun on any mission. Everything he has done has been voluntary.

He wanted to do it. He has shown the MiTT Soldiers, which are mainly comprised of senior enlisted and officers, that this isn't your ordinary guy. He wants to be a part of the team, and they started to respect him for that."

"I feel like I'm a Soldier first," Lober said. "I feel like I'm paying my dues to my country." The MiTT asked for Lober to assist them with operations when they were low on personnel.

"As Soldiers on the MiTT were taking leave and going home, Lober would fill in for them on missions," Riley said. "They wouldn't hesitate to ask Lober. He

really earned the trust of the team when he went above what he was supposed to do, and he became a member of the team."

Lober didn't just reach out to the members of the 3rd Iraqi Army Division MiTT Soldiers, but also interacted with the Iraqi workers on their base.

"The Iraqis are some of the nicest people I've met," Lober said. "They taught me Arabic and a lot of their culture."

Lober is a father of three girls, two boys and the grandfather of two grandchildren. Lober credits the city of Pittsburgh, the Army and his Family for him being able to serve his country in Iraq. "Don't give up your dreams," Lober said. ✪



Pfc. Stephen Lober
3rd Iraqi Army Division
Military Transition Team.

ARMY RESERVE SOLDIERS JUMP

at Opportunity to Show Military Skills to Employers

By Sgt. Eddie Reyes

204th Public Affairs Detachment

FORT VALLEY, Ga. - *Army Reserve Soldiers from the 421st Quartermaster Company, 143rd Sustainment Command conducted an airborne jump for a group of civilian employers Jan. 9, 2009 during the unit's first annual Employer Support of the Guard and Reserve Boss Lift project.*



Soldiers from the 421st Quartermaster Company land at a drop zone during their first annual Employer Support of the Guard and Reserve Boss Lift.

"The main purpose of the ESGR Boss Lift project is to get the employers to understand what their Soldiers have to go through so they will better understand the challenges, and make for a better relationship between civilian employers

and Army Reserve Soldiers," said Sgt. 1st Class Jim Micko, special projects sergeant, 421st Qm. Co.

Soldiers briefed more than 20 civilian employers about the different tasks performed during a battle assembly, which included rigging parachutes and training drills before a jump. Several Soldiers demonstrated the process and steps used to rig a parachute for personnel and supply drops, and the various spot checks along the way to ensure proper parachute openings.

After the briefings, Soldiers rehearsed plane-exiting procedures and proper landing techniques. Using a structure made of pipe and wires simulating the back of an Air Force C-130, Soldiers attached their static lines to the wires, performed last minute inspections and checks in sync with jumpmasters, and completed simulated jumps from inside the pipe structure practicing their landings into a sand pit.

After the rehearsals, the employers hopped aboard an Air Reserve C-130 from the 94th Airlift Wing, 700th Airlift Squadron, and ascended into the skies. Soldiers performed a simulation of an airborne jump without jumping out so civilian employers could get a glimpse of all the steps needed for a successful jump.

After the 45-minute plane ride, the employers returned to the airfield and were driven to the landing zone so they could watch their employees complete the airborne jumps.

"We were able to provide the civilian employers with a simulation of an actual airborne jump without placing them at risk," Air Reserve Master Sgt. Pete Kowalski said. "Events like these help them understand, and give them a reason to support what we do. Plus, the

thrill of flying on a military aircraft should encourage other civilian employers to participate in the program, because not everyone gets to be in one," the crew chief said.

The inaugural event began its planning stages in August 2008, Micko said. Unit leaders coordinated with the Air Reserve and kept track of regional jump activity to find the best period to execute the Boss Lift project.

"To the person looking from the outside in it might seem easy to just put civilians inside of a plane, but it is not that easy," Micko said. "Logistics have to be right, the maintenance of the planes has to be current, and we have to plan so that our jump does not impede the efforts of the Air Force in supporting the troops in combat. This was a joint service event that was coordinated perfectly between the Army Reserve and the Air Force. ✖




Civilian employers listen as Soldiers from the 421st Quartermaster Company demonstrate how parachutes are attached to containers for drops into combat areas.

"The main purpose of the ESGR Boss Lift project is to get the employers to understand what their Soldiers have to go through so they will better understand the challenges, and make for a better relationship between civilian employers and Army Reserve Soldiers."

– Sgt. 1st Class Jim Micko, special projects sergeant, 421st Qm. Co.


WE ALL SERVE



BOB BARRETT, VICE PRESIDENT OF HAWAII BASED COASTAL WINDOWS WITH EMPLOYEE AND U.S. ARMY RESERVE SERGEANT MICHAEL ECHIVERRI.

**ARMY NATIONAL GUARD ★ ARMY RESERVE ★ NAVY RESERVE ★ MARINE RESERVE
COAST GUARD RESERVE ★ AIR NATIONAL GUARD ★ AIR FORCE RESERVE**

We all serve. Whether serving our communities or our country, members of the National Guard and Reserve depend on their military units, families, and employers for support. Employer Support of the Guard and Reserve is a Department of Defense agency that seeks to promote a culture in which all American employers support and value the military service of their employees by recognizing outstanding support, increasing awareness of the law and resolving conflict through mediation.



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SEATTLE MAYOR SIGNS *a Statement of Support*

By Pam Garrison

Public Affairs Office
70th Regional Readiness Command

SEATTLE - Mayor Greg Nickels signed an Employer Support to the Guard and Reserve (ESGR) statement of support Nov. 25, 2008 pledging to fully recognize, honor and enforce the Uniformed Services Employment and Re-Employment Rights Act (USERRA). In addition, he pledged his support to continue to recognize and support the nation's service members and their Families in peace, in crises and in war and that managers and supervisors will have the tools they need to effectively manage those employees who serve in the Guard and Reserve.

"This is the right thing to do and it's the right time to do it," said Nickels. "Supportive employers are critical to maintaining the strength and

readiness of the nation's National Guard and Reserve units."

"Today more than ever, we must do everything we can to support our employees who are also serving our nation through the Guard and Reserve," said the Mayor. "It is incumbent on every employer to give all the support possible to these brave service men and women. That is why I have signed an ESGR Statement of Support."

The City of Seattle has over two dozen employees who are members of the Reserve and National Guard, several of whom are currently serving active duty tours.

Employer Support of the Guard and Reserve is a Department of Defense agency established in 1972 whose mission is to gain and maintain employer support for Guard and Reserve service by recognizing outstanding support, increasing awareness of the law, and resolving conflicts through mediation. ■



MORE INFORMATION about ESGR Employer Outreach Programs and volunteer opportunities is available at www.esgr.mil.

TWO BOSSES, ONE EMPLOYEE, *Sharing the Talent*

By Claude D. McKinney

Program Support Manager
Employer Partnership Initiative
Military Personnel Services Corp.

SALT LAKE CITY, Utah - Questar Gas has forged stronger bonds with the Army Reserve.

Keith Rattie, chairman, president, and CEO of Questar Gas, intermountain west's natural gas supplier, and Maj. Gen. Peter S. Cooke, commanding general of the 96th Regional Readiness Command, Salt Lake City, Utah, signed an Employer Partnership agreement Jan. 26, 2009 which codifies hiring practices between Questar and the Army Reserve. As a

result of this agreement the Army Reserve will link Questar Gas job vacancies to the Army Reserve web-site making it easier for skill rich Army Reserve Soldiers to apply for Questar Gas jobs.

Questar in turn will strongly support the service to the nation their Army Reserve Soldier employees provide.

Rattie indicated it is important to not just talk about supporting, but to actually support those who have and are wearing the uniform. Under his direction Questar will nurture the partnership to make the bonds stronger and stronger. ■



Maj. Gen. Peter S. Cooke and Keith O. Rattie "shake on it" after signing the documents which forge a formal partnership between Questar Gas and the U.S. Army Reserve.

IT'S NOT JUST A JOB, IT'S A CAREER



LT. COL. WILLIAM A. MCCASKILL

Pfc. Jason Black demonstrates the use of the X-ray machine on Pfc. Nathan C. Fischer as part of his radiological specialist training at Fort Sam Houston, Texas. Both Soldiers are assigned to Company B, 264th Medical Bn.

By 1st Lt. Olivia Cobiskey

318th Public Affairs Operation Center

FORT SAM HOUSTON, Texas - Jason Black has a job lined up with Inova Health System as soon as he finishes the Army's radiology specialist program.

"I feel like I hit the lottery," Black said. Black was the first person hired under the Army Reserve Employer Partnership Initiative (EPI), a public-private venture that allows the Army Reserve and employers to recruit, train and employ people interested in serving their country and in pursuing civilian careers fields like health-care, transportation, law enforcement and construction.

Black, who had worked on his associate's degree in general studies while an executive caterer with Capital One, decided to switch careers and had started his course work in radiology

when a recruiter told him about the EPI. The decision wasn't hard, Black said.

An Applied Science Degree in radiography at Northern Virginia Community College takes five semesters, which is 72 credits, including 10 prerequisite credits, and costs more than \$20,000.

The Army's radiology specialist school is only 46 weeks – half the time, said Black, now a private first class in the Army Reserve and in the school's first phase.

"This allowed me to go to school and still handle my responsibilities as a father and take care of my Family financially," said the 28-year-old Soldier. "I thought it was a win-win situation all around."

Black will complete his second phase, a 22-week practical internship at Walter Reed Army Medical Center or

in Virginia at Fort Belvoir Community Hospital to be close to his wife, Judith Rodriguez, a financial manager at Capital One, and their three-year-old daughter, Jasmine, in Woodbridge, Va.

Brig. Gen. Lie-Ping Chang, commander of the 807th Medical Command, agreed the partnership makes everyone a winner.

"It's win-win for everyone. It's good for the Soldier, for the employer and the community," said Chang, 59, a family practice doctor in Virginia. "In today's environment, it is very challenging to find a job and pay for school. The medical industry is one of the few sectors still hiring."

Three more individuals have taken advantage of the program and will be leaving for basic training this summer, Chang added.

Once the Soldiers graduate from the Army's radiology course they qualify to sit for the national exam of the American Registry of Radiologic Technologists (ARRT). Black plans to take the ARRT certification exam as soon as he finishes his internship. Soldiers also receive 57 college credits when they complete the radiology specialist school and 12 credits once they pass the certification exam.

One of the issues Inova was facing before the partnership, was there simply were not enough graduates from local schools to fill its positions. Now the Army Reserve is providing employees that have both clinical and leadership experience, according to Daniel Nichols, director of Recruitment and Human Resource Information System for Inova.

Black will drill with the 48th Combat Support Hospital at Fort Meade, Md., once he finishes his training and begins his job at Inova. Creating synergy between a Soldier's military and civilian career helps maintain the Soldier's clinical competency in both their civilian and military careers, said Chang, who helped initiate the relationship between Inova and the Army Reserve. ☒



<http://www.usar.army.mil/arweb/EPI>

DO YOU KNOW YOUR AMBASSADOR?



S.C. Ambassador George Goldsmith



Ga. Ambassador Britt Collins

By Sgt. Eddie Reyes

204th Public Affairs Detachment

ORLANDO, Fla. - The business of keeping Army Reserve Soldiers a priority in the community falls upon a little known group of individuals called Army Reserve Ambassadors. They are volunteers, usually prior service, who serve for no pay as liaisons between the Army Reserve and local communities.

"The primary mission of an Army Reserve Ambassador is to help educate local communities and governments of the needs, capabilities and value of the Army Reserve," said Georgia Ambassador Britt Collins.

Regional Support Group commanders identify people who are recommended by their units and send the list to the Chief of Army Reserve for approval and appointment.

"You almost have to be doing ambassador stuff before you get appointed," Collins said. "You have to be involved in the local community making things happen for the Soldiers before ever being recommended."

Collins said there are two ambassadors in most states depending on the size of the state. Texas has the largest number at five. Each ambassador is appointed for a three-year term, and can be reappointed continuously as long as they are mentally and physically capable.

The Ambassador Program began in 1998 when the Army Reserve wanted to increase its visibility and tell its story to the local communities and elected officials.

"Ambassadors know people, that know people, that know people," Goldsmith said. "Having networking relationships with corporate CEOs, members of Congress and political figures allows us to link the business and private sectors with the Army Reserve and to help support its Soldiers. We work very hard to show businesses the significance of supporting the military to try to get endorsement and support for the individual Soldier."

Goldsmith explained in an example that if a trucking company was employing Army Reserve transportation unit Soldiers, an ambassador would try to arrange support and benefits on behalf of the Soldiers to help alleviate any of the stress the employer and Soldier might have during a deployment.

The focus of the ambassador is not on each individual Soldier's issues but the entire unit as whole in the local community. Ambassadors reach out and try to help out a unit if they are problems in the local area.

"We may get word from the commander or Family Readiness Group of problems with local economic issues or things affecting their Soldiers," Goldsmith said. "The more people that we know, the more benefits we can provide the unit and their Soldiers to help them with their missions and overcome their hardships. Any organization succeeds by networking."

For Goldsmith, the job of an ambassador is more than a title, and more than a position of leverage. Having been a Soldier himself, he understands the fundamental issues Soldiers face while serving, and tackles the job head on.

"Everything we do is volunteer work with no pay," Goldsmith said. "The person who accepts this position believes in the Army Reserve and the Soldier, and who's self-less service comes from the heart." ☒



Poster created by Ga. Ambassador Britt Collins

108TH TRAINING COMMAND UNIT RECOGNIZED FOR SUPERB FAMILY SUPPORT

By Gerry J. Gilmore

American Forces Press Service

WASHINGTON - The 3rd Brigade, 98th Division, 108th Training Command, Lexington, Ky., was one of seven National Guard and Reserve units that received recognition for their support of Families of deployed troops at a Pentagon ceremony Feb. 13, 2009.

Thomas F. Hall, assistant secretary of defense for reserve affairs, hosted the annual Department of Defense Reserve Family Readiness Awards presentation, which highlighted the best National Guard and reserve unit family readiness support programs in 2008.

The awardees constitute "a mirror image of all of those units throughout our country" that labor to assist the Families of deployed National Guard members and reservists, Hall said.

Each recognized unit received an engraved wood Defense Department plaque and a certificate signed by Hall. Award recipients also received a certificate and \$1,000 from the Military Officers Association of America.

The military's aircraft, ships, tanks and other equipment have little value without the service members who operate and maintain them, Hall pointed out.

"People are the key, and always have been the key, and that's what this ceremony today is about," Hall said. That's why, he added, it's important to support the Families of deployed Soldiers, sailors, airmen, Marines and Coast Guard members who perform vital wartime missions.

Having deployed to Iraq in 2003, Army Reserve Staff Sgt. Keough Cofield knows what it's like to serve in a war zone. Today, Cofield is a Family program liaison with the 3rd Brigade, 98th Division, 108th Training Command.

"It's definitely an honor to win this [award]," Cofield said, noting that his unit



Army Reserve Staff Sgt. Keough Cofield, left, Family program liaison, and Chevonne Baxter, Family program assistant, both with the 3rd Brigade, 98th Division, 108th Training Command, display their unit's 2008 Department of Defense Reserve Family Readiness Award.

established an informational Web site for Families of deployed service members. "Families can go online and click on a link and find all of the resources that are available to them," Cofield said, such as the USO and the Red Cross.

When he was in Iraq, Cofield recalled being comforted by the thought that there were Family support personnel ready to assist his Family. "Knowing that there were individuals back home taking care of my Family put my mind at ease and let me focus on the mission at hand," he said.

Cofield's Family support assistant, Chevonne Baxter, echoed his comments. "Helping Families is very important, because they are the Soldier's support

system," she said. "If Family isn't taken care of, the Soldier will worry.

"We're going to make sure that the Families are taken care of in support of that Soldier," she said.



The 108th's Family support program operates a monthly Family newsletter, Baxter said, and Families of deployed service members are frequently contacted via e-mail "to see if everything is running smoothly." The department's Reserve Family Readiness Awards program was established in 2000. Robust Family support programs are important and vital to mission success, officials said, as significant numbers of service members have deployed overseas in support of the Global War on Terrorism. ■

**AWARDED
3 YEARS IN A ROW**



By Lt. Col.
Jay Shiffler

Public Affairs Office
U.S. Army Civil
Affairs and
Psychological
Operations
Command

WISCONSIN DELLS, Wis. - While 'Old Man Winter' was blowing another Mid-Western snow storm through Wisconsin Dells, more than 170 Army Reserve Soldiers of the 432nd Civil Affairs Battalion and their Families were treated to a weekend of fun and learning at an indoor water park and resort Jan. 9-11, 2009 as part of Operation Yellow Ribbon.

Recently returned from a year-long deployment to Iraq, unit members and their Families were provided two nights lodging at the Wilderness Hotel and Golf Resort, meals, childcare and the opportunity to listen to various speakers to assist them with post-deployment issues they might be experiencing.

"We know a deployment is tough for anyone and we want to help our Soldiers and Families reintegrate," said Lt. Col. Rich Appel of Chilton, Wis., and the 432nd Rear Detachment battalion commander.

In his opening remarks Appel said, "We need you to get this information and share it - we have to take care of each other and take care of our own. Our Soldiers and their Families need to know what's out there to help them. Whether its marriage counseling or health care benefits, help is out there."

According to Appel, the goal of the weekend workshop was to provide unit members information they will need in the weeks and months to come. He said the Yellow Ribbon Reintegration Program covers a variety of topics Soldiers will need and "we wanted to show our support to them."

Attendees were given the opportunity to listen and ask questions to speakers on topics such as TRICARE, marriage counseling, and substance abuse and

Yellow Ribbon Workshop

awareness. "Based on the reports we hear from the field these are the types of issues that Soldiers need help with," said Ruth Barefoot, director of Family Programs at the (USACAPOC) U.S. Army Civil Affairs and Psychological Operations Command. "This is more than just telling them what to do, but rather where to go and introducing them to people who will actually go to bat for them."

Family members said they were impressed with the event and benefited from the networking that occurred during the meetings. "It's important to come to these events to get the tools needed for a deployment and connect with others. Deployments can be difficult, especially for families in the Army Reserve because we tend to be isolated from other military families," said Mary Gundrum of New Berlin, Wis., whose husband deployed with the 432nd. "Events like these are especially important for military kids because they need to feel connected with others - they need to feel honored

and that they are a part of something bigger. Children need to be thanked for their sacrifices," said Gundrum.

The conference had counselors and military Chaplains on hand at the resort where couples could meet privately to discuss their marital problems. "We came here to let Soldiers and their Families know how we can help.

When there are difficulties in a marriage a deployment can make them worse," said Chaplain Maj. Thomas Eddy, USACAPOC (A) Chaplain. "One program we're proud of is the Strong Bond Workshop, where couples get to travel to an off site location, listen to speakers discuss marriage enrichment strategies and at the conclusion of the workshop are provided an opportunity to renew their wedding vows."

"We know in order to have a strong Soldier, there's a strong Family circle for support and it's up to us to facilitate that support," said Barefoot. ■



Capt. Mark Gundrum of the 432nd Civil Affairs Battalion registers his son for child care at a Yellow Ribbon Workshop in Wisconsin Dells, Wis. The workshop provided Soldiers and their Families the opportunity to network and learn about post deployment services offered to them.

GROUND BREAKING HONORS FALLEN SOLDIERS



Participating in the ground breaking ceremony for the new Army Reserve center that will be memorialized in honor of Soldiers from the 652nd Engineer Company killed in Iraq are left to right: Vince Trudell, President of the village of Hammond, Wis., 1st Lt. Kyle Lundequam, commander, 652nd Engineer Company, 1st Sgt. William Dullea, 652nd, Larry Hoyer, father of Spc. Bert Hoyer, Marjorie Bunce, representative for Wisconsin U.S. Senator Herb Kohl, Peggy Hoyer, mother of Spc. Bert Hoyer and Wisconsin State Senator Sheila Harsdorf.

By Sgt. 1st Class Chris Farley

Public Affairs Office
88th Regional Readiness Command

HAMMOND, Wis. - If you build it, they will come to battle assembly. The first sentence is rephrased from the movie "Field Of Dreams" famous line, "If you build it, he will come." In this case, instead of a baseball diamond, a new Army Reserve center is in the process of being constructed for Soldiers of the 652nd Engineer Company.

On Jan. 11, 2009, ground was broken on the new center that will be memorialized in honor of Spc. Bert E. Hoyer, 23, of Ellsworth, Wis., and Sgt. 1st Class Dan H. Gabrielson, 39, Spooner, Wis., that gave their last measure of devotion fighting the war in Iraq. Both Soldiers were warrior-citizens assigned to the 652nd in Ellsworth, Wis.

"The new facility will serve as a lasting physical dedication to the lives of those two Soldiers and in keeping with the Army's theme of the "Year of the Non-Commissioned Officer", will continue to

inspire young Soldiers like Bert Hoyer to become the leaders of their units like Sergeant First Class Gabrielson was," said Brig. Gen. Frank A. Cipolla, deputy commanding general of the 88th Regional Readiness Command.

The new \$7 million center will provide a 100 member training facility equipped with a physical fitness area, weapons simulator, library, a maintenance shop and more. The training center is approximately 26,000 square feet with an additional 643 square feet allocated for a storage building.

"It's a big area. It's a big building. It's going to stand out and everyone is going to see it. You hear of other people having a street named after them or a room. I thought, boy this is bigger yet and it fits his part because he was big, especially with his size 16 shoe," said Peggy Hoyer, mother of Bert Hoyer.

Hoyer said her son was nicknamed the "gentle bear" and he had dropped out of college to deploy with the 652nd. He talked with his classmates that had mixed feelings on why he was deploying.

After discussing the situation, Hoyer said they understood why his son was leaving and understood his values.

The 652nd Engr. Co. was ordered to active duty on Feb. 10, 2003 and was released from active duty on June 14, 2004. The company was awarded the Valorous Unit Award for extraordinary heroism in military operations against an armed enemy from April 24, 2003 to March 22, 2004. Nineteen Soldiers were awarded the Purple Heart.

Gabrielson was killed by hostile fire on July 9, 2003 in Baqubah, Iraq when his convoy came under attack. Hoyer died on March 10, 2004, in Baqubah, Iraq, when an improvised explosive device hit his convoy.

Two other Soldiers from the 652nd made the ultimate sacrifice. Staff Sgt. Stephen C. Hattamer 43, of Gwinn, Mich. and Army Staff Sgt. Thomas W. Christensen 42, of Atlantic Mine, Mich. both died when their living area came under mortar attack on Dec. 25, 2003. The new center is set to open on April 30, 2010. ☐

Sgt. 1st Class Chris Farley

Making the Grand March



Capt. GERALYN BENNETT leads MIRC Soldiers during the 2009 Inauguration Day parade.

By Maj. Monica V. Griffin

Public Affairs Office
Military Intelligence Readiness Command

WASHINGTON - The crowd cheered as the Military Intelligence Readiness Command (MIRC) marched a magnificent mile and a half in the Inauguration Parade commemorating the inauguration of the 44th President of the United States. Beneath the cheers Soldiers could hear bellowed phrases of "We love you!" and "thank you for supporting us." A few Soldiers responded with brief smiles and slight nods. This was a day that they would remember, a story that they would tell to their grandchildren and great grandchildren time and time again. What began as a simple e-mail message tasking the command to support inauguration day activities in the national capitol region, ended as a paragraph in history.

The president motioned to Gen. George W. Casey, Jr., Army chief of staff, as if to inquire about the mysterious group when almost simultaneously, the master of ceremonies announced in a commanding voice, "The Military Intelligence Readiness Command, an Army Reserve command headquartered at Fort Belvoir, Va. The introduction was brief but, the moment would last a lifetime.

Capt. GERALYN BENNETT, MIRC operations officer and leader of the grand march, describes her thoughts when asked to lead the formation in the inaugural parade.

"My first reaction was wow! Me? I volunteered to be in the parade. I didn't ask to be the commander. So when asked, I said that it would be an honor. I didn't think that it was a big deal until I called my Mom and she put me on speakerphone. She gathered the entire family and said, "Now say that again." Mom I was selected to lead the formation in the inauguration parade. After that, my family started planning an inauguration party. Personally, it means a lot to me. Being on active duty 17 years, getting stationed on the east coast and having the opportunity to participate in an event of this magnitude is wonderful. I would have wanted to do it for any president, with him being black, it makes it that much more special to me."

Preparation for this special event required time, experience and patience. The MIRC relied on the talents of operations NCO and parade coordinator Master Sgt. Nicolas Ammanatidis, 1st Sgt. Angel Ortizguzman and supply Sgt. 1st Class Sandra Hawkins to prepare 100 Soldiers of all ranks for the grand march. Together they recruited and screened over 100 Soldiers, ordered over eighty rubberized M16 rifles, ninety wool scarves and dress coats and conducted two dress rehearsals. Coordination for such an event requires months of planning, weeks of innumerable phone calls and e-mail messages and several days of in-progress reviews. At the end of the day, everyone could agree that it was all worth it.

"It was 27 degrees with a wind chill factor of 17 degrees but morale was high. We didn't even let the weather get us down. It was a very positive and humbling experience to see this nation supporting our new president," Ammanatidis said. ☐

LT. GEN. STULTZ PRAISES NCOs

By Kathie R. Scarrah

Legislative Liaison Officer
Office Chief Army Reserve

WASHINGTON - Lt. Gen. Jack C. Stultz, chief, Army Reserve, and commanding general, U.S. Army Reserve Command, praised the contributions of Army Reserve NCOs during his congressional testimony on March 3 and 25, 2009, on Capitol Hill before several committees in the U.S. House of Representatives and the U.S. Senate.

Stultz has repeatedly introduced Warrior-Citizens when he testifies before Congress because he believes it is important for Senators and Representatives to learn some of the stories of the 205,000 men and women who serve in the U.S. Army Reserve.

With 2009 as the Year of the NCO, Stultz testified how Army Reserve enlisted Warrior-Citizens give back to the nation by showcasing the accomplishments of several NCOs.

Stultz spoke about Sgt. 1st Class Jason Ford who is a drill sergeant in the Army Reserve. When he's on duty with the Army Reserve, Ford is training active duty Soldiers at installations such as Fort Leonard Wood, Mo. He also trained Iraqi soldiers for a year in Iraq, working under Gen. David Petraeus in the MNSTC-I operation where he was wounded leading 25 Iraqi soldiers on a mission to secure Heet, in Al Anbar province. Ford was awarded both the Purple Heart and Bronze Star for his service in Iraq. Back home, he is a law enforcement officer with the Brockton, Mass. Police Department.

Also mentioned in Stultz's testimony were Sgt. 1st Class Larry Limon and Sgt. 1st Class Henry Farve who serve together in the 950th Combat Support Company, Los Alamitos, Calif., a unit that provided combat patrols in Mosul, Iraq. As the first sergeant for the unit, Limon, a Gulf War veteran, was responsible for managing 211 Soldiers, combat logistics patrols and recovery operations moving supplies and equipment over 12,000 square miles.



Lt. Gen. John Bergman, commander, Marine Forces Reserve and commander, Marine Forces North; Lt. Gen. Jack Stultz, chief, Army Reserve, commanding general, U.S. Army Reserve Command and Lt. Gen. Charles Stenner, Jr., chief, Air Force Reserve and commander, U.S. Air Forces Reserve Command testify before the Senate Appropriations Subcommittee on Defense.

As the motor sergeant, Farve was responsible for a motor pool of 25 mechanics that maintained and repaired 50 vehicles worth millions of taxpayer dollars. Both Soldiers were personally challenged while deployed when Family emergencies took them out of theater

in the annual defense appropriations bill or the impact continued overseas contingency operations in Iraq and Afghanistan have on the Reserve Components, Stultz's message to Congress was consistent - that the Army Reserve is a positive investment for America. ✪

"The Army Reserve is a positive investment for America."

— Lt. Gen. Jack C. Stultz's message to Congress.

for a short time. But they returned to their units in Mosul because they wanted to continue the mission. They're both still continuing that mission as Active-Guard-Reserve Soldiers with the 950th.

Although the Congressional hearings can be specific, such as testimony on recruiting, retention and the end strength of the Army Reserve, how the Army Reserve invests the money it is provided

READ THE 2009 Army Reserve Posture Statement, the Chief's annual report to Congress at: <http://www.usar.army.mil/arweb/mission/ARPS>

SMA'S MESSAGE

3 Keys to SUCCESS

Timothy L. Hale

Army Reserve Public Affairs

FORT MCPHERSON, Ga. - Going into the eighth year in the Global War on Terrorism, Sergeant Major of the Army Kenneth O. Preston said the non-commissioned officers are "the glue" that holds the Army together.

He shared this message and others as the guest speaker at a NCO Development Program at the Headquarters, U.S. Army Reserve Command (USARC) on Feb. 27, 2009. As part of 2009 being designated by the Secretary of the Army as the Year of the NCO, Preston said it all centers on three key initiatives for success - recognizing, informing and enhancing.

Recognizing the contributions of the NCO Corps is the first key. "The non-

commissioned officers are the subject matter experts (within an organization)," Preston said, adding their institutional knowledge is vital to the organization's success.

Another component of this triad is informing the American public of the contributions of the NCO Corps during this special year. Preston said he wants the public, congressional leaders and other governmental leaders to know "what a national asset the non-commissioned officer corps really is."

He said that when NCOs leave the Army it's not so much the military occupational skills they take with them as it is the leadership and organizational skills that are sought after by the civilian workforce.

"It's that ability to organize and to bond people together as a team and execute the



Sgt. Major of the Army Kenneth O. Preston addresses Soldiers at an NCO Development program at the USARC headquarters.

mission," he said. "That's why many of our businesses are supportive of Reserve Component Soldiers who are balancing two careers - their military and civilian careers."

And finally, enhancing the NCO Corps is the third key to success. Preston outlined enhancements that are underway to allow NCOs to "better adapt and take on increased responsibilities."

These enhancements in programs of instruction will be seen at the Sergeants Major Academy, Basic NCO, Advanced NCO and the Warrior Leader courses. "The non-commissioned officers have spoken, 'we want the education before we're put in positions of responsibility,'" Preston said.

Preston also shared with the group that during a recent office call with President Obama, he told the president that external and internal stresses on the force, sustaining the all-volunteer force and preparing Soldiers for success are top priorities for today's Army.

Preston concluded his visit to USARC, taking a few questions from the audience, then he joined them for a barbecue lunch. ✪



Sgt. Maj. of the Army Kenneth O. Preston, foreground, and Command Sgt. Maj. of the Army Reserve Leon Caffie greet Soldiers of the 335th Signal Command, East Point, Ga., during a command brief. Preston was also the guest speaker for the Association of the United States Army quarterly membership breakfast.

Excellence IN and OUT of Uniform

Newspaper Honors 310th PSYOP Soldier

By Timothy L. Hale

Army Reserve Public Affairs

ATLANTA - It is said that being a teacher is a calling that not everyone can answer. For one Soldier from the 310th Psychological Operations Company, teaching is definitely his calling.

Sgt. 1st Class Richard Colvin was recognized for his efforts in and out of uniform during the Atlanta Journal-Constitution Achievement Awards Ceremony. The ceremony was held Nov. 19, 2008 at the Army Reserve Command headquarters at Fort McPherson, Ga.

Colvin, a psychological operations specialist with 22 years of military service, was the company 1st Sergeant and the training NCO for the 310th.

When he's not wearing the uniform, he teaches U.S. and World History at Loganville High School in Walton County, Ga. Colvin earned a bachelor's degree in history from East Carolina University and a Masters in Education from the University of Georgia.

Whether he is teaching Soldiers how to prepare for a deployment or teaching high school students how history applies to what is going on in today's world, Colvin said he enjoys "watching students grasp an idea; seeing that 'ah-ha' moment when something clicks with them."

Colvin, who has served tours in Bosnia and Afghanistan, uses photographs and his real world experiences to complement the curriculum.

Citing one example, Colvin was able to show them a picture he took of the location where Archduke Ferdinand was killed in Sarajevo, which was the spark that ignited World War I. "Having something like that is better than them reading it out of a book," he said.

During his time as unit training NCO starting in 2006, Colvin estimates that he has trained nearly 800 Soldiers prior to deploying overseas. He said the training included range qualification and warrior tasks and battle drills to rotations to the National Training Center at Fort



Sgt. 1st Class Richard Colvin, 310th Psychological Operations Company, received an Atlanta Journal-Constitution Achievement Award at a ceremony at Fort McPherson.

Irwin, Calif. and the Joint Readiness Training Center at Fort Polk, La.

Colvin said earning the award from the Atlanta Journal-Constitution was a surprise and an honor.

"To be recognized for something in line with what you do every day is special," he said, adding that the 310th is a "very good unit with dedicated Soldiers." ✱

NCO Leads Students in Math and Soldiers in Song



Army Reserve Sgt. 1st Class Ben Rademaker, a 13-year veteran teacher.

By Sgt. 1st. Class Mark Bell

Public Affairs Office
81st Regional Support Command

LOUISVILLE, Ky. - As a sergeant first class, Ben Rademaker uses his life lessons as a seasoned Army Reserve Soldier to deliver classroom instruction at Eastern High School that students enjoy. "The Army has definitely prepared me for

the classroom," he said. "Being an NCO and a teacher has many similarities."

But once a month, the 13-year veteran teacher trades his dress shirts and math formulas for his Army Combat Uniform as a member of the 81st Regional Support Command's 100th Army Band, based at nearby Fort Knox, Ky.

He said each requires passion, understanding and discipline. When asked what is more difficult - teaching high school math or leading Soldiers in one of the largest Army Reserve bands, Rademaker said it's a near even discussion for both sides.

"It depends on the situation," he said. "Noncommissioned officers deal with a lot of stuff," he said. "NCOs deal with

personal issues, while teachers deal with a lot of interpersonal issues.

"I deal with mostly curriculum issues within the math department," Rademaker said. "It's a lot of organizational things, kind of like what an NCO does in the Army. There is a lot of logistical support and training in an Army band," he said.

"This blends well with being a teacher. I deal with training every day here at the school. The difference is here, I have a boss, and in the Army I have a commanding officer." ✱

FOR MORE of Sgt. 1st Class Ben Rademaker's story and his students lining up to get one of those prized seats in his classroom, visit: www.armyreserve.army.mil.

OPERATION FIT WARRIOR

Fitness Intensive Training

By Capt. Paul Hoiland

G-3 Training

88th Regional Readiness Command

FORT MCCOY, Wis. - During 2008 the 88th Regional Readiness Command (RRC) launched Operation Fit Warrior (OFW) - a unique program designed and implemented to assist Blue Devil Soldiers struggling to achieve minimum Army height/weight and/or Army Physical Fitness Test (APFT) standards that subsequently prevents them from attending mandatory Non Commissioned Officer Education System (NCOES) courses and ultimately career advancement.

"The intent behind this concept is very simple," says Col. Douglas Carpenter, 88th RRC Training Director and primary architect of the OFW concept. "We have Soldiers that struggle with the physical and mental challenges associated with poor health and nutrition, and as a result, their individual careers and the overall quality of our Army Reserve force suffers as well."

Designed and implemented with the major emphasis on NCOs, the program has also been utilized by junior enlisted and officers. "While NCOs are the number one priority, we do accept other Soldiers



88th RRC OFW students perform Level-1 Combatives training during an afternoon portion of the Fit Warrior training program. Army Combatives is used extensively to work all muscle groups evenly and also condition the cardiovascular system.

in the course if seats are available," Carpenter said. OFW combines a rigorous core program focusing on individual health and nutrition, standardized Army physical training, and introductory instruction in the Level 1 Modern Army Combatives Program (MACP).

"We integrate classroom instruction taught by highly educated and licensed Army nutritionists and daily instruction on Army Combatives," says Sgt. 1st Class Richard Kolk, OFW NCO in charge. "The advantage of using Army Combatives over other physical training tools is that

Combatives works all muscle groups evenly and also conditions the cardiovascular system," says Kolk, adding that students enjoy learning a required skill that is beneficial in a combat environment.

In total, the 88th RRC conducted seven classes from March through September 2008 at Fort McCoy, Wis. and graduated more than 280 students. Based on recent feedback from former students, the OFW program appears to have made a most influential and positive impact on the lives and careers of many of its graduates. ✱



88th RRC Fit Warrior students complete the run portion of the 1-1-1 fitness assessment during an afternoon portion of the Fit Warrior training program. The 1-1-1 assessment is a series of one minute timed events including the push-up, sit-up and one-mile run conducted at the start and end of each training class.

PANAMA RESIDENTS

" I AM VERY excited to be here to meet these people and experience a new culture. This is also giving me a lot of experience to sharpen my job skills. My dream has always been to work in the medical field and help people, and to see how my work is doing that here, that's the best part of all."

– Pfc. Lashawndra Conley

By Sgt. 1st Class Dave S. Thompson

Public Affairs Office
U.S. Army South

CANITAS, Panama - As the Medical Readiness Training Exercise, or MEDRETE, got underway Feb. 2, 2009, a long line of people waited patiently outside a grade school in this small, rural town for their turn to be treated by teams of Panamanian health officials and U.S. Army medical practitioners. Across the school playground, Army animal care specialists administered medicine, vaccine and vitamins to a steady flow of reluctant cats, dogs, rabbits, goats, cattle and horses. Children ranging in all ages ate snow cones and ran around playing tag as their parents looked on in curious anticipation.

The Soldiers are primarily members of the 7218th Medical Support Unit, an Army Reserve detachment from Louisville, Ky. They arrived here eight days ago for their two-week annual training as part of a U.S. Army South initiative to build hemispheric

relationships with countries in Latin America and the Caribbean.

The chief benefactors, however, were the citizens of agricultural communities like Canitas, who have limited access to medical, dental and veterinarian facilities. Canitas is the final stop on the Soldiers' itinerary after completing MEDRETEs in the nearby towns of Torti and Paso Blanco.

A number of the Soldiers have performed this type of humanitarian mission before, while others, such as Pfc. Lashawndra Conley, a patient administrator in her second year in the Army, are on their maiden assignment overseas.

"I am very excited to be here to meet these people and experience a new culture," said Conley. "This is also giving me a lot of experience to sharpen my job skills. My dream has always been to work in the medical field and help people, and to see how my work is doing that here, that's the best part of all."



Villagers line up at the Climaco School in Canitas, Panama to receive free basic medical care from members of Panama's Ministry of Public Health and the U.S. Army's 7218th Medical Support Unit.



Staff Sgt. Selena McGee, 7218th Medical Support Unit, tests the eyesight of a Panamanian villager.

After passing through the welcome entrance where personal data and health concerns are recorded, patients move to the triage station where nurses evaluate their condition, take vital signs and give them medicine, vitamins and other health items. From there it's on to the doctors who perform a basic checkup, prescribe medication and give advice and referrals as needed.

BENEFIT FROM U.S. ARMY MEDICAL TRAINING

Capt. Gigi Manuel-East, a triage nurse and 16-year Army veteran, is also on her first visit to Panama. The Kentucky native's infectious smile and warm personality kept everyone around her light hearted as she and her triage team-members fawned over the local babies and comforted the ones who were simply overcome by all the activity.

Patients were then directed to the dental treatment area where they underwent an oral examination. The dental area, equipped with two reclining chairs and tables laden with sterile dental tools, gauze pads and injection needles, was without a doubt the least favorite stop amongst those unlucky numbers requiring tooth extractions.

"We are only set up to do basic dental procedures here," said Capt. Kirk Yegerlehner, one of two dentists who, along with their assistants, worked tirelessly to keep up with the steady stream of patients going through. "We're seeing a lot of tooth decay and gum disease from inadequate oral hygiene and inaccessible dental care. If a tooth is causing discomfort and is in poor condition, we will extract it to give pain-relief to the person."

The optometry area was a welcome site for those patients suffering from vision problems. Here, patients received an eye examination and were fitted with glasses on the spot. Many emerged from the room wearing their new glasses along with big smiles at their newfound ability to see things in focus.

The Army has designated 2009 as the "Year of the Non-Commissioned Officer" and NCOs from the 7218th have taken a leading role in ensuring their Soldiers get the quality training they deserve while providing a real-world humanitarian service to the Panamanian people.

"What happens on a lot of these missions is that the officers do the initial planning then they pass the baton over to the NCOs," said Sgt. 1st Class William Pierce, the NCO in charge. "Of all the missions I've been on like this, the



Capt. Allison Wright, a dentist with the 7218th Medical Support Unit, left, performs an extraction with Spc. Shaun Macintire, on a Panamanian boy during a Medical Readiness Training Exercise in Canitas, Panama.

NCOs basically run it, so it's good for the Soldiers to see that the NCOs are taking a lead position and we're running it. We're also taking care of the Soldiers."

In addition to the experiences gained from two weeks of treating some 400 animals and administering health care to more than 4,000 people, the Soldiers will return home knowing that their service benefitted the Panamanian people.

"Back home, we have so much and so many opportunities to walk into a doctor's office and receive medical care that it's easy to take it for granted," said Manuel-East. "A lot of these villagers haven't seen a doctor in several years, so it just makes me feel good that I'm actually doing something to help improve the lives of other people." ❏



Staff Sgt. Christopher Mease, a veterinary food inspector with the 949th Medical Detachment, Ames, Iowa, gives a shot of de-worming medicine to a villager's horse.

MP CO. LIFTS AND SHIFTS

from Rustamiyah to Liberty



Spc. Howard Alperin

"There are less missions now, but things continue now just as they did when Rustamiyah was our home base," said Spc. Amanda Appi, an MP from North Branford, Conn. Getting to their assigned IP stations, however, has changed due to the transition to Camp Liberty. "It's a farther drive to our area of patrol," said Appi. "Days are a little longer."

The MPs are expected to keep up with providing security, assessing checkpoints and inspecting police stations. "We keep up with counts on the amount of weapons, detainees and patrols. Also for identity purposes, we make badges for the IP, and enter information on detainees and IP into the Hand-held Interagency Identity Detection Equipment," said Appi.

The MPs have kept their emphasis on teaching the IP. "Deployment is winding down, and we are staying on top of the training that we taught the IP," said Sgt. Harold Carmen, an MP from Plainfield, N.J. "Soldiers have learned a lot about dealing with different cultures."

"I've seen a drastic change, from training the Iraqi Police to now over watching them. We've backed off, and let them run the show."

—Spc. Nicole Delia

Carmen said that closing an FOB is a signal of Iraqi progress and moving ahead with the government of Iraq's goals, but Soldiers are also excited about the prospects of returning stateside. ❏

Spc. Howard Alperin

Multi-National Division - Baghdad PAO
211th MPAD

CAMP LIBERTY, Iraq - Not every Soldier gets an opportunity to close down a military Forward Operating Base (FOB).

Soldiers from the 340th Military Police Company, an Army Reserve unit from Fort Totten, N.Y., recently left FOB Rustamiyah to relocate to Camp Liberty due to a security agreement that hands over the FOB to Iraqis in March 2009.

The MPs are expected to stay the remainder of their deployment at Camp Liberty before returning stateside in the spring of 2009, while continuing their daily missions of overseeing checkpoints and police transition team training with Iraqi Police (IP) in southeastern Baghdad.

"It was a milestone in our deployment," said Spc. Nicole Delia, Clifton, N.Y., referring to the closing of Rustamiyah and the unit's transfer to Camp Liberty. "It's been a long journey, we've come

far as a battalion," said Delia. "I've seen a drastic change, from training the IPs to now over watching them. We've backed off, and let them run the show."

While living for eight months at Rustamiyah, Soldiers were expected to adapt and take on additional responsibilities in order to carry forth the mission. Delia, a chemical operations specialist, doubled as a radio transmission operator.

Delia said things happened fast soon after it was announced the FOB would be closing. "T-walls were coming down while we were still living there and the DFAC started running low on food," said Delia.

Fewer amenities and closer quarters created special bonds among Soldiers at Rustamiyah, said Delia. Camp Liberty is more spread out and takes some getting used to because Rustamiyah was a much smaller FOB.

The MPs have been able to shift living arrangements without losing focus.

'TEAM BUFFALO' STAYS LOOSE, TIGHTENS SECURITY

Staff Sgt. Mark Burrell

Multi-National Division - Baghdad PAO
211th MPAD

BAGHDAD - In a cramped, wooden shack behind the 688th Engineer Company headquarters at Camp Liberty here, about 30 combat engineers sit on beat-up couches and poke fun at each other before another route clearance mission begins.

"We sit around and listen to music and play cards after our mission prep is done," explains Sgt. Zach Rostan, the truck commander for the "Buffalo", a Mine-Resistant Ambush-Protected (MRAP) vehicle assigned to the Army Reserve unit from Fayetteville, Ark. "We all like to have fun and relax; we're going out looking for bombs you know, so we try to stay relaxed."

After 170 missions and over 1,000 hours clearing improvised explosive devices from Baghdad's streets since July 2008, the combat engineers know their jobs. The three engineers within 'Team Buffalo,' as they call themselves, periodically switch positions within the vehicle to ensure familiarization with each other's jobs, routes and equipment.

"The Buffalo's approximately 27 tons, but lots of the weight comes from armor," said Sgt. John Maes, a driver assigned to the 688th Eng. Co. The 27-foot long, 8-foot wide, six-wheeled vehicle is anything but diminutive. The vehicle dwarfs almost all other MRAPs in the convoy, but for good reason. "Our job is to go out and find what kills most Soldiers over here, which is bombs," said Rostan, a native of Hot Springs, Ark.

"We are scannin' for bombs as well as suspicious activity to reduce the threat against us and the community," said Sgt. Thomas Dieter, the third Buffalo crew member and the Common Remotely Operated Weapon Station operator. Like most Army Reserve Soldiers, Dieter, a volunteer firefighter in his hometown of Roland, Okla., left a job in order to deploy to Iraq.

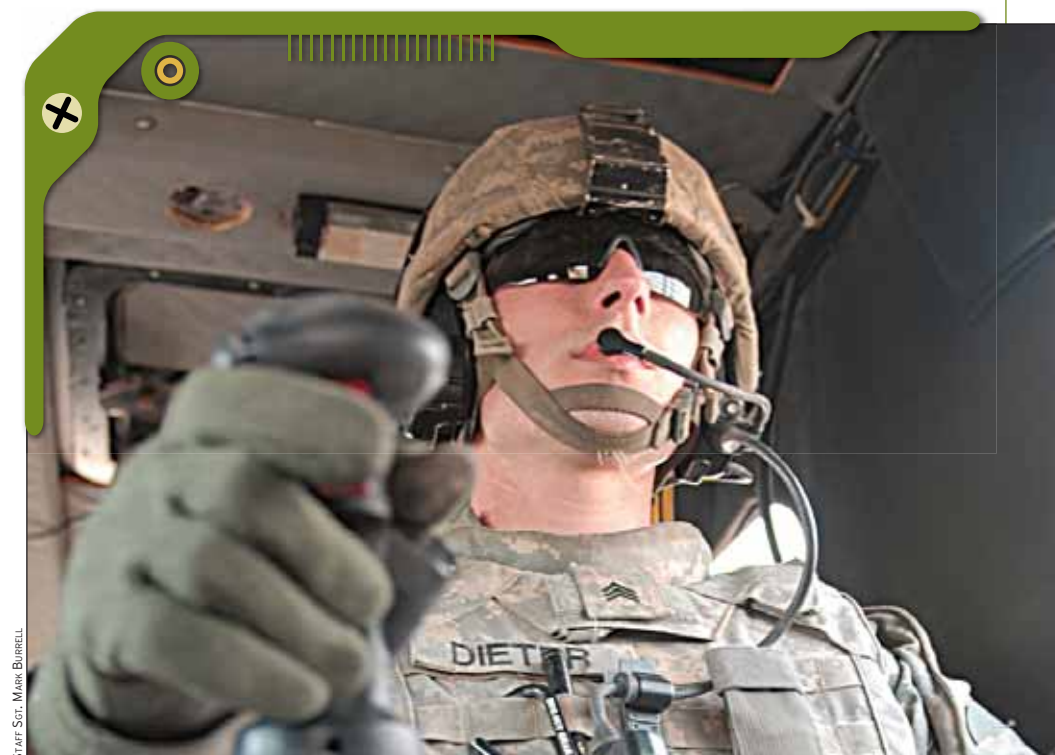
"I do the fire fighting for my community and we're over here looking for bombs so the other forces can go out and find the insurgents, you know, to help protect our country," added Dieter. "I enjoy helping people out. I mean, it's our community."

This is the first deployment to Iraq for all three Buffalo operator engineers and since first arriving here, they have seen a huge difference in the communities, said Dieter. The shift in threat climate can be partially attributed to these combat engineers. "We try to throw out candy and soccer balls and whatever to kinda show them that we're here to help and not try to hurt them," continued Dieter.

Rostan. "The insurgents want to kill Americans, but if they can't they'll kill anybody, to cause mass chaos," continued Maes.

With about 700 investigations so far, the Soldiers from "Team Buffalo" help prevent chaos everyday by going down the routes enough to notice when something is out of place and doesn't belong, added Maes.

"I trust if we roll down a route and don't find something, it probably wasn't there," said Staff Sgt. Brandon Hampton, NCO in charge of the day's convoy and native of Fort Smith, Ark. "Our job as route clearance is to go out and find the bombs



Staff Sgt. Mark Burrell

Sgt. Thomas Dieter, a combat engineer from the 688th Engineer Company monitors his Common Remotely Operated Weapon Station from the protection of a Buffalo Mine-Resistant Ambush-Protected vehicle during a route clearance mission in the streets of Baghdad. Dieter uses the CROWS to search for potential improvised explosive devices, scan his sectors of fire and zoom in on suspected insurgents.

"Iraqi kids change their image of us when we give them stuff, and it doesn't hurt with the adults too," said Maes, a native of Fayetteville, Ark. Along with handing out candy and soccer balls, the engineers also give the community a sense of security. "If it wasn't for us, there'd be a lot more IEDs out here," explained

so no one else has to find them the hard way." Though these stalwart combat engineers spend long, slow, heavy hours rolling over the same pieces of pavement, its better the 688th Eng. Co. find IEDs than letting other troops or innocent Iraqis find them the hard way, without the protection of a Buffalo. ❏

NEW FACILITIES FOR FORT HUNTER LIGGETT



Staff Sgt. Dennis Burke, inset photo, 1st squad leader, 461st Engineer Company, Grand Forks, N.D., builds MIC huts (MIC industries) at Fort Hunter Liggett, Calif. According to Burke, they are built on site using an automatic building machine or ABM. The shape of the walls and roof sections are formed from a 2-foot flat steel sheet cut to length of the entire building's span and passed through a metal bender or Automatic Building Machine or ABM. After the sections are formed, Burke says that they are then joined with a "seamer."



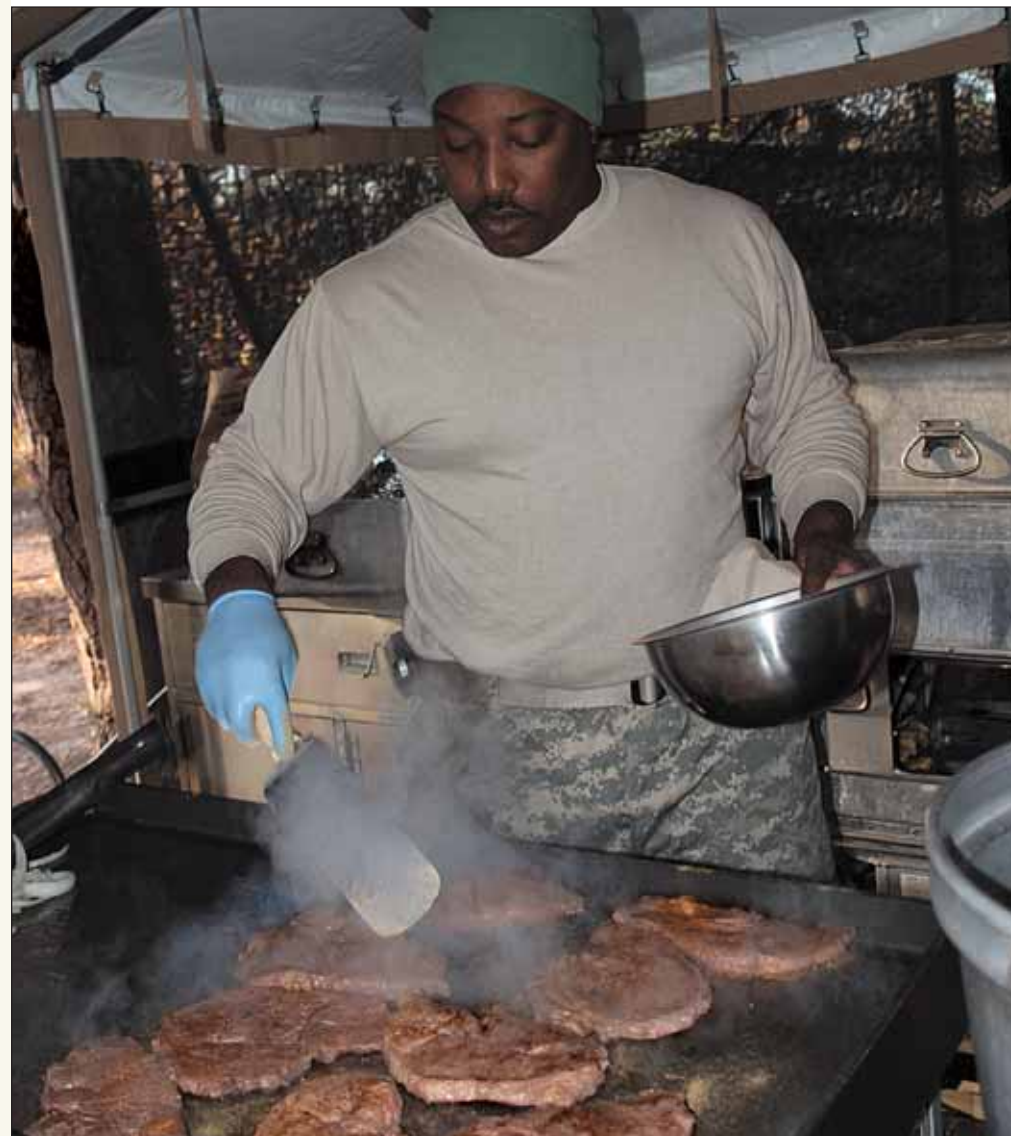
Sgt. 1st Class Scott D. Turner

It takes five pieces to make one section, and 10 sections to make one MIC hut. After each section is formed, it's then placed through another bender to form the arch or contour of the walls and roof.

The MIC huts are all-purpose storage facilities used for office space, barracks and storage. They are completely weather proof. ■

Sgt. 1st Class Scott D. Turner

282ND QUARtermaster CO. WINS CONNELLY AWARD FOR 2009



Sgt. 1st Class Andrew W. Wier

Sgt. Maurice D. Tarver, 282nd Quartermaster Company, prepares steaks for the Philip A. Connelly competition during the unit's evaluation at Fort Rucker, Ala.

By Capt. Steve Alvarez

Public Affairs Office
143rd Sustainment Command

ORLANDO, Fla. - "The most rewarding part of food service is the smiles and thumbs up you get and the comments made from (cooking) a great meal," said Staff Sgt. Amos Finch, after hearing that his unit, the 282nd Quartermaster Company, Montgomery, Ala., won the 2009 Philip A. Connelly award in food service. Finch was the "first cook" in the competition that was held on Nov. 22, 2008. The 282nd represented the

143rd Sustainment Command in the Army Reserve field kitchen category.

The Philip A. Connelly award was established in 1968 and recognizes excellence in Army food service. Units compete for coveted scholarships to culinary schools and attendance at the International Food Service Executives Association award ceremony. The field kitchen category evaluates a unit's ability to provide a quality meal to Soldiers in a tactical environment.

Capt. Rhasaan L. Lymon, commander of the 282nd, said the battalion commander

initially asked the 282nd to participate in the competition because of the experience level of food service section. Seventy-five percent of the food service section is currently supporting the food service mission for the 81st Regional Readiness Command in Birmingham, Ala.

"Once I suggested the idea to the food operation management NCO he was very excited about the opportunity," Lymon commented. Lymon said that all the Soldiers in the unit were excited about participating in the competition and were willing to do anything to assist.

"The hardest part of preparing for the competition was ensuring all the equipment was serviceable and getting the required equipment for cooks," Lymon said.

"Another challenge was getting the field sanitation team trained and understanding the requirements based on the technical or field manuals. More than 40 percent of the competition involved the field sanitation team." On average, Lymon said, it takes one year of planning to compete for the Connelly Award.

The 282nd conducted a field training exercise during the competition and 110 Soldiers participated in the event, Lymon said. "The competition enabled the unit to work towards a goal, and to achieve this goal has really increased the morale of the unit," Lymon said. "The competition has helped the unit to mature in planning, executing a plan, and simple soldiering," he added.

"We were afforded the opportunity to take one section's competition and turn it into a mission for the entire unit. The Connelly award helps prove that military food can be just as artfully and tastefully prepared as a four-star restaurant," said Staff Sgt. Derrick Sims, food operations management NCO for the 282nd and one of the participants in the competition. "We get the same reviews verbally from our customers that we prepare prime rib just like Emeril's." ■

STANDING THE HEAT

ARMY RESERVE NCOS EXCEL IN



Sgt. 1st Class John Brown, NCOIC of the containerized kitchen, plates a dessert dish and hands it to team member Staff Sgt. Jeffrey McLaughlin during the field competition at the 34th U.S. Army Culinary Arts Competition.

By Sgt. Travis Edwards

Public Affairs Office
80th Training Command

FORT LEE, Va. - Noncommissioned officers are leaders and, as the Soldiers Creed states, they are "members of a team." In the military food service arena these are highly sought after skill sets, but in the field cooking realm those skills are not just necessary, they are mission critical.

As such, it was no surprise when the U.S. Army Reserve Culinary Arts team listed four NCOs as their Soldier-Chefs for the field cooking portion of the 34th Annual U.S. Army Culinary Arts Competition held at Fort Lee, Va., March 2-13, 2009.

"On the battlefield, food is the largest morale boosting tool in our inventory," said Master Sgt. David Turcotte, senior enlisted aide advisor. "To ensure we

use that tool as best we can, we have to communicate with each other and make sure our team has good leaders within it."

"A good leader draws on the knowledge all around him and makes better decisions using that information. That happens in the CK [Containerized Kitchens] and it happens on the battlefield," Turcotte said.

The field cooking portion of the competition requires a team to cook a three course meal for 60 people and serve it restaurant style to guests attending the competition. The team must be

Inside these large steel kitchens is a labyrinth of butane stoves, refrigeration units, preparation areas and storage.

made of enlisted Soldiers and there must be four servers to deliver the individually plated food. From start to finish, the team will work together for over eight and a-half hours.

"It really is 'Hell's Kitchen' in there," said Lt. Col. Jack Kizler, U.S. Army Combined Arms Support Command, while waiting with his wife, Laurie, and four children to sample some of the food being prepared in the competition. The serving of food to a public audience during the field event is a new addition to the competition bringing it more online with international competitions.

The U.S. military uses CKs to feed its troops in the field and in remote locations in Iraq and Afghanistan. The food

IN 'HELL'S KITCHEN'

THE CONFINED SPACE, HIGH TEMPS OF FIELD COOKING

service professionals that work inside these versatile modules conduct their missions together in a fast paced, confined space, high temperature environment where hundreds of Soldiers are relying on them to come through with a well deserved meal. Inside these large steel kitchens is a labyrinth of butane stoves, refrigeration units, preparation areas, and storage.

"To be in the CK's you need to have good leadership skills and ensure positive reinforcement. You have to have a firm grasp of the equipment inside the CK as well. That's what we need to make it in that environment," said Spc. Charity Julian who helped take drink orders and deliver freshly plated meals to 'customers' during the field category event. The NCOs are judged in multiple areas to include sanitation, proper use of time, techniques, use of ingredients and teamwork.



Sgt. 1st Class John Brown grills asparagus in the dining area during the field competition. The field competition was of several cooking events that took place during the 34th Army Culinary Arts Competition.

According to retired Chef Rolland Schaeffer, a fixture of the competition and judge, the key to success in the CK is "work flow and timing...these cannot be done without teamwork."

"We, as NCOs, should never suffer in the judging on the teamwork portion. We pride ourselves on working together and communicating through ever step in the meal," said Sgt. 1st Class John Brown, who runs the CK. "A good leader knows when to step back and when to help. If someone has a better way to do something, use it."

"It is the NCOs and their Soldiers who make this competition as a whole what it is, not just in the containerize kitchen but every aspect of this specialty," said Sgt. Maj. L'Tanya Williams, Army Center of Excellence and Subsistence, U.S. Army Quartermaster Center and School.

"It is plain and simple - without teamwork, our mission would fail," said Command Sgt. Maj. Nathan Hunt, U.S. Army Quartermaster Corps Command Sergeant Major. "The Soldiers Creed says it plain as day, 'I am a member of a team,' and we have to live that everyday." ❖



Pfc. Jacob Paul prepares one of his courses as Roland Schaeffer, a judge, watches. Paul represented the Army Reserve team in the Armed Forces Junior Chef of the Year Competition.

FUN FOOD FACTS & FIGURES

- The 34th U.S. Army Culinary Arts Competition was held March 4 - 13, 2009 pitting service members against each other in Iron-Chef type showdowns.

- Categories included Senior Chef, Junior Chef, Field, Ice Carving, Pastry, Team Buffet, Nutritional Hot Food Challenge, Student Team Skills, Showpieces, and others.

- The USARC culinary team is in its third year of official competition.

- The USARC culinary team is made up of several full-time members and apprentices plus a small support staff. The warrant officers and captains help with the team focus, goals, mentorship, administrative and liaison work that makes the competition a reality.

- The annual Culinary Arts Competition is important because it showcases and highlights the advanced skills of our food service professionals.

- The competition included more than 483 competitive entries from 184 competitors of which 266 medals were awarded.

- The USARC Culinary Arts Team earned eight Bronze medals and nine Silver medals during the competition. For some, the competition as a whole was a first opportunity to compete in front of judges who are professional civilian chefs.

IN MEMORIAM

AS OF MAY 13, 2009

SGT Kevin D. Akins	CPT Brian S. Freeman	SPC Adam L. Knox	SPC Ramon Reyes-Torres
SPC Omar M. Albrak	SGT Bryan L. Freeman	SGT Elmer C. Krause	SGT Lawrence A. Roukey
MAJ Stuart M. Anderson	SGT David T. Friedrich	SSG Mark A. Lawton	1SG Carlos N. Saenz
SGT Roberto Arizola, Jr.	SPC Luke P. Frist	SSG Wilgene T. Lieto	SSG Cameron B. Sarno
SPC Farid El Azzouzi	SPC Nichole M. Frye	CPT Shane R. Mahaffee	SGT Joshua A. Schmit
CSM Edward C. Barnhill	SFC Dan H. Gabrielson	SFC Curtis Mancini	SSG Coby G. Schwab
SPC Jacob D. Barton	SGT David J. Goldberg	SGT Myla L. Maravillosa	COL Stephen K. Scott
SGT Gregory A. Belanger	SPC Michael L. Gonzalez	LTC Ralph J. Marino	SGT Danton K. Seitsinger
CPL Mark A. Bibby	PFC Gregory R. Goodrich	SSG Stephen G. Martin	CPL Stephen D. Shannon
MSG Kelly M. L. Bolor	PFC Devin J. Grella	SGT Arthur S. Mastrapa	LTC Anthony L. Sherman
SGT Federico G. Borjas	CPL Kelly B. Grothe	SSG Matthew Maupin	SSG Russell K. Shoemaker
SPC Roy Buckley	MAJ Scott A. Hagerty	MSG Danny E. Maybin	SSG Benjamin J. Slaven
SPC Dustin R. Brisky	SPC David E. Hall	SPC Christopher D. McCarthy	LTC Albert E. Smart
MSG Thomas L. Bruner	SPC Robert E. Hall, Jr.	SSG James D. McNaughton	MAJ Charles R. Soltes, Jr.
CPT Brian M. Bunting	SGT James W. Harlan	SFC Otie J. McVey	SPC Carla J. Stewart
SPC Charles E. Bush, Jr.	SSG Darren Harmon	1SG Tobias C. Meister	SFC Douglas C. Stone
CPT Paul J. Cassidy	SGT Kenneth W. Harris, Jr.	SPC Christopher T. Monroe	SGT Michael R. Sturdivant
PFC Thomas D. Caughman	SFC David A. Hartman	SGT Melvin Y. Mora	SGT Joshua A. Terando
SPC Doron N. Chan	SSG Stephen C. Hattamer	SSG Richard L. Morgan, Jr.	SGT Daniel J. Thompson
SPC Jonathan M. Cheatham	SSG Robert Hernandez	SFC Lawrence E. Morrison	SGT Jarret B. Thompson
SSG Thomas W. Christensen	SGT Edward R. Heselton	SSG James D. Mowris	SSG Frank F. Tiai
SSG Lillian L. Clamens	SPC Julie R. Hickey	MAJ Michael L. Mundell	SGT Tina S. Time
SGT Ross A. Clevenger	SGT Anton J. Hielt	SGT Rodney A. Murray	SFC John J. Tobiason
1SG Christopher D. Coffin	SPC Joshua L. Hill	SGT Paul T. Nakamura	SPC Brandon Tobler
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SGT James S. Collins, Jr.	SGT James J. Holtom	SPC Charles L. Neeley	SPC Juan M. Torres
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SSG Todd R. Cornell	SFC Merideth L. Howard	SPC Allen D. Nolan	SSG Nathan J. Vacho
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SPC Lauro G. DeLeon, Jr.	CPL Derence W. Jack	SSG Robert J. Paul	SGT Brandon L. Wallace
SFC Robert V. Derenda	SPC Dustin C. Jackson	SSG Ronald L. Paulsen	SGT Brad A. Wentz
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SGT Catalin D. Dima	SPC Joseph A. Jeffries	PFC Luis A. Perez	SGT Cheyenne C. Willey
SPC Jeremy M. Dimaranan	MAJ Alan R. Johnson	SSG James L. Pettaway	LTC James L. Wiley
SSG Carlos Dominguez	SPC Robert T. Johnson	LTC Mark P. Phelan	LTC Peter E. Winston
SSG Richard S. Eaton, Jr.	SFC Matthew R. Kading	MAJ John P. Pryor	SGT James Witkowski
SGT Gary A. Eckert, Jr.	MSG Paul D. Karpowich	SGT Jaror C. Puello-Coronado	MAJ Stuart A. Wolfer
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SGT Nathan R. Field	SPC Adam G. Kinser	SGT Pierre A. Raymond	
SSG Ryan D. Foraker	SSG Charles A. Kiser	SPC Brandon M. Read	
SPC Kendell K. Frederick	SGT Charles B. Kitowski, II	SGT Regina C. Reali	

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